

REZNOR GETS SOCIAL
NINE INCH NAILS SINGER TALKS SOUNDTRACK {page 15}

HEART OF THE MATTER
ACTIVISTS URGE N.S. TO PRESERVE HEALTH PROMO FUNDS {page 6}



GET READY TO HIT THE ICE
METRO'S NHL PREVIEW
{page 25-27}



HALIFAX metro®
Thursday, October 7, 2010
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Trade centre: To fund, or not to fund?

Centre proposal, government shadow bid released to public ◗ Decision on project's fate coming 'very soon': Estabrooks ◗ Maintenance, cleaning costs increase public portion of price tag by as much as $231.5 million over 25 years

RYAN TAPLIN/METRO HALIFAX



▶ The proposed site of the new convention centre. More coverage, page 3.

While the proposal for a new trade and convention centre is now in the public domain, the decision on funding the project is still being discussed in private.

Infrastructure Minister Bill Estabrooks made good on his pledge to release Rank Inc.'s proposal for the downtown facility to the public yesterday.

If approved by the province, the project would cost taxpayers about $327 million over 25 years.

But Estabrooks said no decision on whether or not to fund the 1.2-million-square-foot facility has been made.

"We will be continuing to look at and answer some of the questions that have been asked around (the cabinet) table," said Estabrooks, who has been reviewing the proposal with his staff since July.

"There's other members of our cabinet who don't have that necessary grasp, they want some more time, and of course they're going to receive it."

While the decision remains to be made, the province has set Jan. 14 as a tentative contract-signing date.

ALEX BOUTILIER

Metro Homes

Make your house a home

◗ Martha's ideas for the kitchen ◗ Sleep well knowing you've made the right mortgage choice {pages 22-23}

Halladay makes history



Former Jays pitcher throws no-hitter in Game 1 of the World Series {page 30}

Is China 'too anxious' to win?

With Nobels awarded, nation's thinkers and media debate reasons for shutout {page 11}

Au revoir for another year

Parting thoughts from Paris Fashion Week {page 19}

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2008 Impreza 2.5i

0605P
AC,PW,PL,CC,AW, ALLOYS, CD CHANGER,38,000KM
$18,995

2006 Tribeca LTD

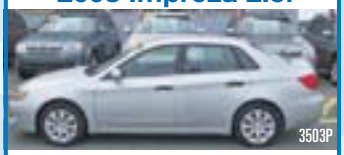
1262P
AC,PW,PL,TW,CC,AW,CD,ALLOYS, LEATHER, SPOILER, 84,000KM
$21,995

2006 Impreza 2.5i

1263P
AC,PW,PL,TW,CC,AW,CD, ALLOYS, 93,000 KMS
$12,995

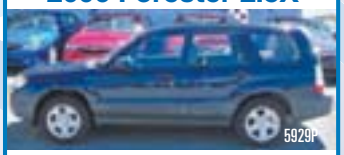
2006 Outback 3.0R

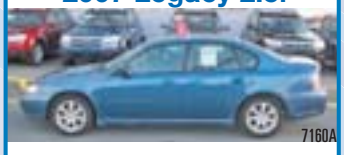
2548P
AC,PW,PL,TW,CC,AW,CD, HTD SEATS, 50,000 KMS
$19,995

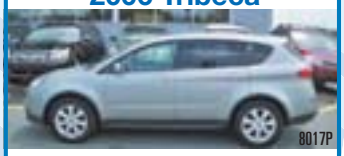
2008 Impreza 2.5i

3503P
AC,PW,PL,TW,CC,CD, 36,000 KMS
$16,995

2006 Outback 2.5i Wagon

5212P
AC,PW,PL,TW,CC,AW,CD, HTD SEATS, 91,536 KMS
$16,495

2006 Forester 2.5X

5929P
AC,PW,PL,TW,CC,AW, 88,643 KMS
$14,995

2007 Legacy 2.5i

7160A
AC,PW,PL,TW,CC,AW,CD, 78,424 KMS
$14,995

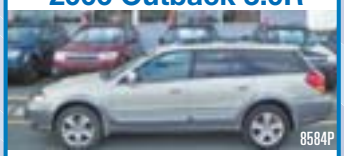
2006 Tribeca

8017P
AC,PW,PL,TW,CC,CD, ALLOYS, SUNROOF, 89,994 KMS
$17,995

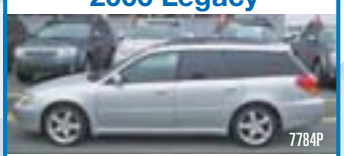
2008 Impreza 2.5i

0583P
AC,PW,PL,TW,CC,,CD, HTD MIRRORS, 17,000 KMS
$19,995

2008 Impreza 2.5i

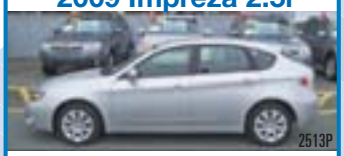
9520P
AC,PW,PL,TW,CC, 49,068 KMS
$16,995

2006 Outback 3.0R

8584P
AC,PW,PL,TW,CC,CD, ALLOYS FOG LIGHTS, 74,000 KMS
$18,995

2006 Legacy

7784P
AC,PW,PL,TW,AW, CC,CDS, HTD SEATS,SUNROOF,96,000 KMS
$15,995

2008 Impreza WRX

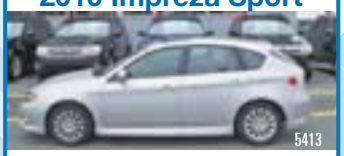
0838P
AC,PW,PL,TW,CC,CD, ALLOY WHEELS, 95,637 KMS
$22,995

2009 Impreza 2.5i

2513P
AC,PW,PL,TW,CC,CD, HEATED MIRRORS, 61,250 KMS
$18,995

2006 Forester 2.5X

3679P
4A,AC,PW,PL,TW,CC,CD 49,192 KMS
$15,495

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5413
AC,PW,PL,TW,CC,AW,CD, HTD SEATS, SAT RADIO,12,000 KMS
$25,720

2010 Forester Outdoor

5513
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$27,120

2010 Impreza 2.5i


0844

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Power Locks,
Cruise,
CD Player,
Side Airbags,
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$20,620

2010 Impreza Sport

0670
AC,PW,PL,CC,AW,CD,HTD SEATS, ALLOYS, SPOILER, 9,000 KMS
$24,320

2010 Impreza

4334
AC,PW,PL,CC,AW,CD SUNROOF, SAT RADIO, 6,000 KMS
$25,720

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Trade centre cost: $327M

Infrastructure Renewal anticipates public cost of new trade centre to be partially offset by revenues ◐ Cost breakdown by NDP MLA accurate

RYAN TAPLIN/METRO HALIFAX



▶ Jane Fraser, from the Department of Transportation and Infrastructure Renewal, and Scott Ferguson, CEO for the World Trade and Convention Centre, speak at a press conference yesterday about the proposed convention centre.



ALEX BOUTILIER
@METRONEWS.CA

Building and maintaining the proposed new trade and convention centre will cost taxpayers around $327 million over 25 years if the province goes ahead with the project.

The province and Halifax Regional Municipality would not contribute any funding until 2014 when the Argyle Street facility is completed, the province also revealed yesterday.

Based on the current proposal, developer Rank Inc. would receive $46 million upon the scheduled completion of the facility in 2014 — an amount equal to the federal share of the project reported last week.

The federal funding is not yet guaranteed, senior Infrastructure Renewal official Jane Fraser said yesterday.

Costs

- Both governments would also be asked contribute $2.9 million a year for facility operations, maintenance and upgrades, bringing that number up to $13.1 million for 25 years. With the exception of $1.7 million yearly costs for operations and maintenance, which is renegotiated every five years, those costs are fixed, Jane Fraser said.

"That would be an equal share of the construction costs," said Fraser.

"If we successfully negotiate equal cost sharing, the federal government would (contribute) $46 million."

The remainder of the capital funding would be split by the province and the city to the tune of $10.2 million a year for 25 years.

Metro Halifax: Here we grow again

The number of people reading Metro Halifax is growing by leaps and bounds.

The Newspaper Audience Databank (NADbank) released its 2009-10 survey results yesterday and it shows a 20 per cent increase in daily readership and 14 per cent jump for those reading Metro Halifax weekly.

"A 20 per cent increase is fantastic news," said Metro Halifax publisher Greg Lutes.

"It is very gratifying to see the readership results reflect Metro's growing circulation within HRM."

Number wise, 56,700 people in the census metro area read Metro Halifax daily, an increase of 9,300 people from NADbank's 2008-09 survey. Weekly readership stands at 149,500, up 18,000, to give Metro Halifax a market penetration of 45 per cent.

METRO HALIFAX

Across Canada

- Nationally, Metro now reaches more than 1.36 million people daily — an increase of 15 per cent — with papers also in Montreal, Ottawa, Toronto, Calgary, Edmonton and Vancouver.

2 sought in robbery

Police are looking for two men after someone was mugged and robbed around Bayers Road and Romans Avenue Tuesday. Police say the male victim was walking when two males grabbed him, threw him to the ground, assaulted him and stole his Ipod and cellphone.

METRO HALIFAX

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Is media coverage in Ottawa "gotcha journalism" or a nasty response to nasty politics? More at metronews.ca/spindoctor

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Sailors help kids with green thumbs

Volunteers help out community groups on United Way's Day of Caring

They helped to rebuild Haiti, and yesterday they built a greenhouse in Halifax. More than 20 sailors took part in United Way's Day of Caring by building a greenhouse on the grounds of St. Patrick's Church on Brunswick Street.

"A bunch of guys who are here went to Haiti so this is what they do," said Master Cpl. Cathy Kuseler. "We're depending on them for their expertise."

The greenhouse is for inner-city kids who grow herbs and vegetables in plots during the summer. The highly-successful program Hope Blooms shows kids how to grow plants, make salad dressing and sell it. A greenhouse means they'll be able to keep up production year-round, said Jane Moloney.

They sell the salad dressings at the Farmers' Market and to restaurants. A large portion of the money they make goes to scholarships for the kids, and about 15 per cent goes to a charity of their choice.

"It makes them feel for the first time, they're in a position to give to someone who has less than them. It makes them feel very good about themselves and very positive," Moloney said.

JENNIFER TAPLIN

Projects

Some projects completed around town for United Way's Day of Caring:

- Gyprock and yard work, Boys and Girls Club of Dartmouth.
- Painting, gardening, fixing steps, St. George's YouthNet.
- Yard work at Alice Housing, Phoenix House, and Metro Community Housing.
- Rebuilding steps at Laing House.

RYAN TAPLIN/METRO HALIFAX



▶ Lt. Steve Collins and Cpl. Lisa Flemming build the frame of a greenhouse yesterday behind St. Patrick's Church on Brunswick Street for the United Way's Day of Caring.

Police ID East Uniacke murder victim

The victim of a homicide in East Uniacke was identified yesterday.

Dillon Blair Jewett, 18, was from Dartmouth. His body was found by all-terrain vehicle riders on a trail near the East Uniacke Quarry Sunday afternoon.

Police used fingerprints to identify him, said RCMP spokeswoman Sgt. Brigdit Leger.

An autopsy was performed Tuesday and it confirmed a weapon was used.

"Information gathered during the course of the investigation has confirmed that a firearm was used in this death," she said.

However, she wouldn't confirm what type of firearm was used or what caliber.

She said she also couldn't disclose how many times Jewett was shot.

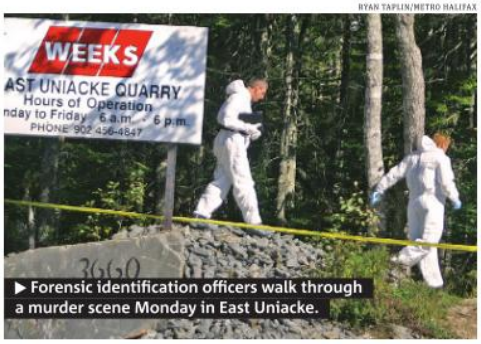
"I know there are numerous investigational leads they are pursuing and wherever any tips or leads bring us, we'll follow through until they're completely exhausted," she said.

Leger said she didn't know anything about the victim and the Privacy Act prevents her from indicating whether or not he was known to police.

But court records show Jewett was in court May 20 to be sentenced for theft under $5,000.

JENNIFER TAPLIN

RYAN TAPLIN/METRO HALIFAX



▶ Forensic identification officers walk through a murder scene Monday in East Uniacke.

Tips?

- RCMP are asking anyone with information regarding this homicide investigation to contact Enfield RCMP or Crime Stoppers at 1-800-222-8477.

Woman fights off man's attempt to snatch purse

A feisty young woman sent a persistent attacker packing in Halifax early yesterday.

Police say a woman was walking around 1:30 a.m. on Spring Garden Road and South Park Street when a man hit her on the head and knocked her to the ground.

The man tried to snatch the 26-year-old woman's purse, but failed.

The woman got up and the man followed her, knocking her down a second time.

Police say the woman fought back and her attacker eventually fled.

A 33-year-old man was later arrested.

THE CANADIAN PRESS

Name of teen who died in accident released

A teenager killed in a collision between two dirt bikes in northeastern Nova Scotia has been identified.

Daniel Cameron died Tuesday on an old railway bed in the Mulgrave area.

The 16-year-old was a Grade 11 student at the Strait Area Education and Recreation Centre.

Deanna Gillis, a school board spokeswoman, said grief counsellors will be on hand for students.

THE CANADIAN PRESS

Second youth

A second male youth involved in the collision was taken to hospital in serious condition.

Teens charged with break and enter

Two male youths are facing charges of break and enter and possession of stolen property after police say a home in Lawrencetown was broken into late Tuesday morning.

Halifax RCMP say just before noon, officers responded to a house alarm on Megan Drive and were informed four teenage males left the residence after the alarm sounded.

A description of the getaway vehicle was given and later stopped by a patrol officer and two males — aged 18 and 16 — were arrested.

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Amortized over 84 months
$7,506 Remaining balance

AT **2.9%** LOAN APR

$0 Down payment

HWY: 7.4L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

HEATED FRONT SEATS

ELECTRONIC STABILITY CONTROL



Rio EX shown

2011 KIA RIO

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HWY: 5.8 L/100KM (49 MPG)
CITY: 7.1 L/100KM (40 MPG)

6-WAY DRIVER'S SEAT

60/40 FOLDING SEATS



Soul 4u shown

2011 KIA SOUL

OWN IT FROM **$108**♦ Bi-weekly for 60 months
Amortized over 84 months
$5,409 Remaining balance

AT **3.9%** LOAN APR

$0 Down payment

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CITY: 7.7L/100KM (37 MPG)

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CERTIFIED PRE-OWNED

Police probe another group assault

Halifax Regional Police are investigating another assault involving a group of people.

Two men, aged 21 and 22, were walking through a parking lot on Brunswick Street on Tuesday night when they passed by three people believed to be in their late teens.

Police say one of the men was asked for a cigarette and when he said no, he was grabbed, knocked to the ground and assaulted.

His friend was able to chase the group away.

THE CANADIAN PRESS

Attacks

Several attacks involving groups of between six to 10 people have been reported in Halifax in recent weeks.

RYAN TAPLIN/TMETRO HALIFAX



▶ Mayor Peter Kelly.

Council sessions set for Internet

Halifax regional council is expanding the ways voters can follow along with all the action from weekly council sessions.

Regular public sessions will now be broadcast on the internet via the local news and entertainment site haligonia.ca beginning Tuesday, Oct. 19.

Mayor Peter Kelly said the move will increase transparency and more strongly connect residents to their councillors.

Sessions will still be broadcast on Eastlink television.

METRO HALIFAX

Health partners urge politicians to keep or increase funding to health promotion initiatives ◐ Disease prevention would save the health care system in the long run: Heart and Stroke Foundation

RYAN TAPLIN/METRO HALIFAX



▶ A group of runners jog past the Public Gardens on South Park Street yesterday evening. A band of health-promoting siblings want to make sure health promotion dollars aren't cut from the budget.

Groups get to the heart of health cash



JENNIFER TAPLIN
@METRONEWS.CA

"Hey MLAs: don't cut health promotion" was the message from 21 health groups at a press conference in Halifax yesterday.

As provincial politicians prepare for another session at the legislature on Oct. 28, a band of health-promoting siblings want to make sure health promotion dollars aren't cut from the budget.

"This message is investments in health promotion are investments in the health of Nova Scotians and in the sustainability of Nova Scotia's health system," said Menna MacIsaac, with Heart and Stroke Foundation of Nova Scotia.

"Every seven minutes a Canadian dies of heart disease or stroke."
JAFNA COX, LOCAL CARDIOLOGIST

And almost everyone in the province agrees with her, according to survey data MacIsaac pulled out.

Ninety per cent of HRM and Cape Breton residents in the survey said they support directing more money towards promotion, even if it means diverting funds. Being healthy starts long before a trip to the doctor's office, said Jane Brooks, a family doctor and president of Doctors Nova Scotia.

"I often remind my patients we can prevent many diseases and slow certain disease advancements by choosing a healthy lifestyle," she said, adding obesity is one of the biggest health issues in the province right now.

"But, unfortunately, I usually only see people when they're already having health issues."

Brooks added we need to prevent diseases instead of treating them, and when that happens, the strain on health care workers will ease.

Survey

From a Heart and Stroke Foundation survey conducted in the spring 2010.

- **Support** 88 per cent said their support of a political party would increase or remain the same if the party invested more into health promotion.
- **Smoking** 53 per cent said they support funding aimed at reducing tobacco use.
- **Exercise** 59 per cent support spending more on increasing physical activity.
- **Eating** 53 per cent said they support increased funding to promote healthy eating habits.

5 stats for Nova Scotia's health

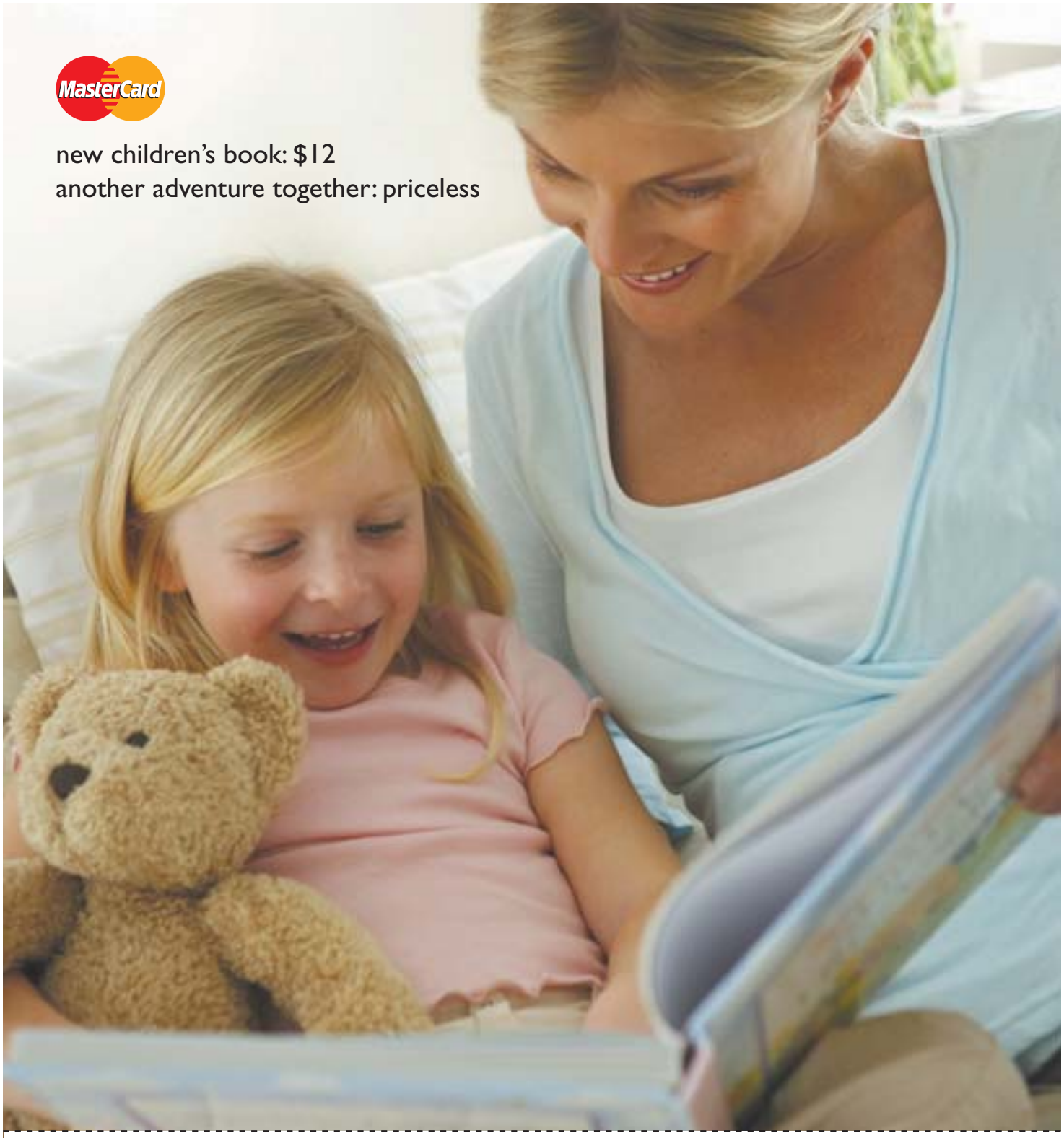
For the province that has the highest blood pressure in the country, a lot can be done for health promotion and prevention.

Cardiologist Jafna Cox pulled out some pretty scary numbers about the state of health of Nova Scotians at a press conference yesterday.

"High blood pressure, cholesterol abnormalities, diabetes, obesity, and sedentary living are all more prevalent than they ever were, especially in Atlantic Canada," he said.

Children are increasingly overweight, inactive and not eating properly, he added.

"The trend over the past 1,000 years of a steady increase of life expectancy is coming to an end . . . projections are for parents to begin to outlive their children." JENNIFER TAPLIN



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Province plans to flip office building

The province has decided to sell a building housing a number of its departments and offices — as soon as it officially owns it.

The government signed a 25-year lease agreement with an option to buy the Joseph Howe Building in downtown Halifax in 1987.

Once the province assumes ownership in 2012, the government says it will sell the building.

Infrastructure Renewal Minister Bill Estabrooks says it's the most cost-efficient option given the $36 million in renovations and upgrades needed.

THE CANADIAN PRESS

What's in it?

The building houses, among other government agencies, the Health Department, Speaker's Office and Department of Intergovernmental Affairs.

Court. Appearance



▶ Ernest MacIntosh leaves Nova Scotia Supreme Court in Halifax earlier this year.

RYAN TAPLIN/METRO HALIFAX

MacIntosh in court today

Ernest MacIntosh will be in court this morning trying to get bail while he waits for his appeal in his conviction for sexually abusing two boys in the 1970s. MacIntosh, 67, was found guilty in July of abusing the boys, aged nine and 12. He was sentenced to four years in jail last month. The appeal will be heard next March.

Water quality dipping in west N.S., report says

Carleton River watershed includes nearly 100 lakes, rivers Poor waste management part of problem: N.S.

RYAN TAPLIN/METRO HALIFAX

A study says the water quality has been diminishing for decades in several lakes in western Nova Scotia, where residents have complained about blue-green algae.

The Environment Department, which began sampling water quality in the area in 2008, released its report yesterday on 10 lakes within the Carleton River watershed in Yarmouth and Digby counties.

While blue-green algae is natural, the department says the problem is worsened by excess nutrients in the water, which can be caused by poor waste-management practices, fertilizers and faulty septic systems.



▶ Environment Minister Sterling Belliveau.

The report, which includes analysis of samples taken last fall, found nutrients are increasing overall and water quality has been deteriorating since the mid-1980s. One of the 10 lakes studied, however, was found to have "near pristine water quality."

Because mink farms were recognized as nutrient sources, the provincial government inspected eight properties this year and found deficiencies on five, which it says have been addressed.

"In the interest of making life better for people who live in these areas, government is committed to doing what it can to improve the health of these lakes," Environment Minister Sterling Belliveau said in a statement.

THE CANADIAN PRESS

NOTICE: THANKSGIVING DAY
Garbage/Organics/Recyclables
Collection & Processing Services

No Collection Monday, October 11th	→	Collection will occur the Preceding Saturday, October 9th
Otter Lake Facility Closed Monday, October 11th	→	Otter Lake Facility Open Saturday, October 9th 7 am to 7 pm
HRM Recycling Plant Closed Monday, October 11th	→	HRM Recycling Plant Open Saturday, October 9th 7:30 am to 6 pm

Collection services can begin as early as 7:00 am. To ensure collection, residents may place materials curbside the evening prior to collection day. For more information on HRM's composting and recycling programs, check your 2010 collection schedule, visit our website at halifax.ca/wrms or call our information line at 490-4000.

The Halifax Regional Municipality's residential Household Hazardous Waste (HHW) Depot will be **CLOSED** Saturday, October 9th, but will be **OPEN** on Saturday, October 16th from 9:00 am to 4:00 pm.

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[1] Your Account will earn a special interest rate of 2.50% (if the Account is a HISA) or 3.50% (if the Account is a Tax Free HISA) which consists of the regular variable rate of interest for the Account of 1.50% for the HISA and 2.50% for the Tax Free HISA, as of August 1, 2010 (and is subject to change) plus the bonus interest rate of 1.00% per annum. The bonus rate applies only (i) to a customer's first Account (including Joint Accounts, where applicable) provided your first deposit is made on or after August 1, 2010, and before November 15, 2010, existing and previous customers are not eligible, and (ii) to balances up to and including $100,000 for 90 days starting on the day of the first deposit into the Account. If the Account is closed before the end of a calendar month or before the 90th day of the offer period, you will forfeit the bonus interest that accrued from the beginning of the particular month in which the Account was closed. On all credit balances after those 90 days, and on any credit balances over $100,000 during those 90 days, only the regular variable rate of interest then in effect for this type of account would apply. This offer ends November 15, 2010 and may be changed, extended or withdrawn without notice. Interest is paid monthly and is calculated daily based on the daily closing balance. Rates subject to change without notice. Additional terms and conditions apply.

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09/10 • 587

The THANKSGIVING WEEK Event

OCTOBER 6 – 12



OUR VERY BEST IS ON THE TABLE. ENJOY.

CASH DISCOUNTS OF UP TO $6,250



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CANADA'S FASTEST GROWING CHOICE OF LIGHT DUTY PICKUP°

PURCHASE FOR
$27,499•

INCLUDES $6,250 CONSUMER CASH.

2011 Ram 1500 Crew Cab Outdoorsman in Hunter Green shown.§

OR CHOOSE

$168 BI-WEEKLY @ A VARIABLE PRIME RATE OF **3.00%**± FOR 84 MONTHS

OR CHOOSE

CUSTOMER CHOICE FINANCING
$170 BI-WEEKLY @ **4.99%**†† FOR 60 MONTHS AND $0 DOWN
WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY **$19** MORE BI-WEEKLY WITH CUSTOMER CHOICE FINANCING

THE NEW 2011 RAM 1500 QUAD CAB SLT 4X4

- Remote Keyless Entry • 17" Aluminum wheels
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- Temperature and compass gauges
- Premium interior door trim • Overhead console
- Power sliding rear window

NO CHARGE HEMI® ENGINE



ALL NEW 2011 JEEP GRAND CHEROKEE LAREDO

- New 3.6L Pentastar™ V6 delivering 32 MPG Highway & 290 hp
- New Premium Interior & 4-Wheel Independent Suspension
- Passive Entry Keyless Enter-n-Go
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- Leather-wrapped steering wheel with audio controls

2011 Jeep Grand Cherokee Laredo shown.

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YOU COULD **WIN**♦ **1 OF 3 CASH PRIZES OF $5,000**

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CHRYSLER Jeep DODGE RAM

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DODGE Caravan Kids

SIRIUS SATELLITE RADIO

Wise customers read the fine print: • ♦ ▪ ± †† § The Thanksgiving Week Event offers apply to retail deliveries of selected new and unused models purchased between October 6, 2010 and October 12, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. •$27,499 Purchase Price applies to 2011 Ram 1500 Quad Cab SXT 4x4 (24AA+AJR) only and includes $6,250 Consumer Cash Discount. See participating retailer for complete details. Pricing excludes freight $1,400, license, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. ^Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. ♦Who Purchase Necessary. Contest opens 9:00AM ET October 6, 2010 and closes 11:59PM ET October 12, 2010. Three (3) Grand Prizes available to be won, each consisting of $5,000.00 cash. A random draw will be held on or about October 20, 2010 at the Chrysler Canada Inc. head office in Windsor, Ontario to select the winners. Odds of winning depend on the total number of eligible entries received. Open to residents of Canada (excluding Quebec) who are the age of majority in their province of residence at the time of entry. Void where prohibited or restricted by law. Limit one (1) entry per person. Skill-testing question required. Complete Official Rules available at participating dealerships. ±Purchase Financing up to 96 months at 4.9% APR on approved credit through TD Financing Services on new 2010 and 2011 Chrysler, Jeep, Dodge and Ram models except Grand Caravan Cargo Van and Ram Chassis Cab. Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing in Quebec is subject to different terms and conditions. Example: 2011 Ram 1500 Quad Cab SXT 4x4 (24AA+AJR)/2011 Jeep Grand Cherokee Laredo (28B) with a Purchase Price of $27,499/$27,499 financed at 4.99%/2.99% APR over 60/60 months with payments amortized over 96/81 months equals 130 bi-weekly payments of $170/$237 and one final payment of $10,226/$10,355 for a cost of borrowing of $4,935/$3,061 and a total obligation of $32,234.40/$41,160.36. Freight $1,400. Taxes, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. §2011 Ram 1500 Crew Cab Outdoorsman in Hunter Green shown has a higher price than the 2011 Ram 1500 Quad Cab SXT 4x4 advertised. See your retailer for complete details. ‡Based on January through June 2010 U.S. new vehicle registrations. ©2010 Chrysler Group LLC. Chrysler Canada Financing is a trademark of Chrysler Group LLC. Dodge, Jeep, RAM, Mopar, Caravan Kids and design mark, and Chrysler and design mark are registered trademarks of Chrysler Group LLC. SIRIUS, and the dog are registered trademarks of SIRIUS Satellite Radio Inc. • Keys is a registered trademark of Chrysler Group LLC.

U.S. means profit on Smugglers' Avenue

American goods in high demand along the road to Afghanistan

In a rundown market along the road to Afghanistan, you can buy U.S. Army gear stamped with soldiers' names, booklets marked "for official use only,'' even a manual that illustrates how "jammers'' can stop remote-controlled bombs.

The traders in Peshawar, Pakistan, are coy about where their stock comes from. But it's clear much of it is stolen from trucks carrying military supplies over the border.

Raids on warehouses where the looted goods are stockpiled have even turned up photos mailed to U.S. soldiers from loved ones back home.

The Sitara Market, on the outskirts of Peshawar, is some 100 metres from the border that separates the tribal regions of northwest Pakistan from the rest of the country.

Scores of markets like Sitara have sprung up, dealing in Western goods such as diapers, food and electronics.

"American goods are No. 1," said one shopkeeper. "Everything is the best."

THE ASSOCIATED PRESS

U.S. says sorry

- The U.S. apologized yesterday for a recent helicopter attack that killed two Pakistani soldiers at an outpost near the Afghan border.
- American pilots mistook the soldiers for insurgents that were pursuing, the U.S. said.
- The apology could pave the way for Pakistan to reopen a key border crossing that NATO uses to ship goods into landlocked Afghanistan.

MOHAMMAD SAJJAD/THE ASSOCIATED PRESS



▶ Afghanistan-bound NATO vehicles are parked in the Pakistan border town of Torkham yesterday. Pakistan has blocked a vital supply route. But a U.S. apology may help to open it.

Her nose-piercing's not fashion but faith

The American Civil Liberties Union claims in a lawsuit filed yesterday that a North Carolina school violated the constitutional rights of a 14-year-old student by suspending her for wearing a nose piercing.

The lawsuit seeks a court order allowing Ariana Iacono to return immediately to Clayton High School, which has kept her on suspension for four weeks.

Iacono claims her nose piercing isn't just a matter of fashion, but an article of faith.

She and her mother, Nikki, belong to a small religious group called the Church of Body Modification, which sees tattoos, piercings and the like as channels to the divine.

The Johnston County school system has a dress code banning facial piercings, along with short skirts, sagging pants, "abnormal hair colour" and other items deemed distracting or disruptive.

But the dress code also allows for exemptions based on "sincerely held religious belief,"

Nikki Iacono said: "We followed the rules …

"I explained to the principal and various school officials how my daughter's nose stud is essential to the expression of our family's religious values."

THE ASSOCIATED PRESS

JIM R. BOUNDS/THE ASSOCIATED PRESS



▶ Ariana Iacono,14, and her nose piercing.

Their gospel ...

- Ariana Iacono and her mother, Nikki, belong to a small religious group called the Church of Body Modification, which sees tattoos, piercings and the like as channels to the divine.
- Minister Richard Ivey thinks school officials are dismissing a little-known belief system simply because it's unfamiliar.

'Too short' dress nets her a windfall

The Brazil college that expelled a student who wore a short, pink dress to class has been ordered to pay her $23,800 US in compensation, a court announced yesterday.

But Geisy Arruda's lawyer plans to appeal the ruling, saying she wants $595,240 in damages.

The university had said she disrespected "ethical principles, academic dignity and morality."

It later rescinded the expulsion — but she became a celebrity with TV and Carnival appearances.

THE ASSOCIATED PRESS

Charlie the chimp takes a last puff

Charlie the smoking chimpanzee has died.

The small zoo in Bloemfontein, South Africa, where Charlie was a fixture says the chimp died apparently of old age. He was believed to be 52.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS



▶ Visitors often gave Charlie cigarettes.

She posed as a boy to date teen girls

A woman admitted yesterday she posed as a teenage boy so she could date a teenage girl, pleading guilty to a misdemeanour charge of sexual imposition.

Authorities in Ohio say Patricia Dye, 31, cut her hair and used aliases to fool teenage girls into thinking she was a boy so she could have sexual contact with them.

She dated at least two teenage girls, prosecutors say.

She was sentenced to six months in jail.

THE ASSOCIATED PRESS

Canada pulling out of Kandahar too early: NATO

Canadian troops leaving at 'critical time,' says NATO chief of operations
Withdrawal planned for next year

Canada's planned withdrawal of troops from Kandahar next year threatens to undermine progress being made in the volatile Afghan province, a senior NATO officer said yesterday.

Coalition and Afghan forces in Kandahar have in recent months launched a multi-pronged offensive against Taliban insurgents.

Many see the operation, dubbed Hamkari, as the international community's last chance to bring stability to southern Afghanistan.

NATO's chief of operations for southern Afghanistan, Col. Dave Bellon, said the Canadian withdrawal, which will occur during the middle of next year's fighting season, "couldn't be at a more critical time."

"There is no other country that is going to backfill Canada in Panjwaii, except the United States, and there are no additional forces (in Afghanistan)."
COL. DAVE BELLON, NATO'S CHIEF OF OPERATIONS FOR SOUTHERN AFGHANISTAN

Bellon indicated it will be impossible to replace Canada's more than 1,000 combat troops without diminishing forces elsewhere in the country.

"I'll shoot you straight; it's going to hurt us," Bellon said. "That means we're going to take an already stretched force and stretch it farther."

The vast majority of Canada's combat troops are currently based in Panjwaii, a largely rural district southwest of Kandahar city known as a Taliban stronghold.

The Canadian battle group is being used to block their access to the city as U.S. forces push the Taliban down from neighbouring Zhari district. THE CANADIAN PRESS



▶ This custom-designed Barbie is wearing a one-carat pink diamond necklace, and will be the world's most expensive Barbie when she goes on the auction block.
THE ASSOCIATED PRESS

Barbie gets some bling

Big girls will love this doll. Christie's in New York will sell this Barbie, created by international fine jewelry designer Stefano Canturi, for an estimated $300,000 to $500,000 on Oct. 20. All proceeds will benefit the Breast Cancer Research Foundation in support of Breast Cancer Awareness Month.

Archbishop accused of sexual misconduct

A Canadian Orthodox archbishop is being investigated on allegations of sexual misconduct from more than 20 years ago, when he was a priest in Winnipeg.

The Orthodox Church in America (OCA) says Archbishop Seraphim of Ottawa, the head of the Canadian archdiocese, was granted a three-month leave as of last Friday.

The archbishop, 64, had posted a letter on the archdiocese's website suggesting he left due to health issues.
THE CANADIAN PRESS

Backgrounder

- **He was born** Kenneth William Storheim in Edmonton.
- **He served as a priest** in Alberta, North Carolina and London, Ont., between 1981 and 1984, when he became rector of Holy Trinity Sobor in Winnipeg, where he served until 1987.

China craving Nobel Prize recognition

BULLIT MARQUEZ/AP PHOTO


▶ American Richard Heck shares a kiss with his wife shortly after winning the 2010 Nobel Prize in chemistry.

It's Nobel season, and China is engaged in an annual bout of hand-wringing: Why can't the country that invented the compass and gunpowder — and that recently rocketed from poverty to global power — win one of the venerated prizes?

As Nobels went this week to British, Russian, American and Japanese scientists, Chinese media paired special reports on the winners with expert debates on why China came up short again.

A top reason: a government that throws money at research in pursuit of the prize, rather than reforming a state-run school system that is heavy on rote memorization, discourages creativity and drives some leading minds to leave.

"We are too anxious for a Nobel Prize," the Chengdu Daily quoted Chinese-American physicist and Nobel laureate C.N. Yang as saying on a visit to a school last month.

More than another milestone, a Nobel would be proof that China is retaking what many Chinese see as its rightful place as one of the world's leading civilizations.

For much of the past century, science assumed religion-like proportions in the minds of China's elite, admired as a key to resurrecting a country that had fallen behind the West. THE ASSOCIATED PRESS

Thief says he feared for his life

A thief is testifying he feared for his life when a Toronto grocer chased him down, tied him up and threw him into a van.

Anthony Bennett — who pleaded guilty last year to stealing $60 worth of flowers — says shopkeeper David Chen could have just walked him back to the store.

"I didn't know if these guys were going to take me back to the store... or what their intentions were," Chen testified yesterday.

Bennett took the witness stand as Chen's trial on confinement and assault charges got underway. THE CANADIAN PRESS

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For more details visit www.nspower.ca/powerdowndiscount
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FOURTH QUARTER

Costco's net income rises, but stock falls

Increased revenue from selling memberships and strength overseas helped push Costco Wholesale Corp.'s net income up 16 per cent in the fiscal fourth quarter.

Costco's shares fell 57 cents to $64.09 US in morning trading after revenue that came in shy of analysts' forecasts.

The nation's biggest warehouse club operator has seen the number of customers in its clubs grow as shoppers hunt for deals in the weak economy.

Costco reported yesterday that it earned $432 million, or 97 cents per share, for the period ended Aug. 29. That's up from $374 million, or 85 cents per share, a year ago. This beat analysts' estimates of 95 cents per share, according to Thomson Reuters.

THE ASSOCIATED PRESS

Crull to head up CTVglobemedia

Bell Canada has named Kevin Crull as the successor to longtime CTVglobemedia head Ivan Fecan as the telecom company begins a push to harness broadcast content from CTV television for use on its wireless networks.

Crull has been leading Bell Canada's residential services business, which includes its Bell TV, Internet and home phone operations across the country.

He will move into his new job Jan. 1.

Last month, Bell Canada's parent company bought the rest of the CTV television network it doesn't already own, hoping to provide video content to millions of subscribers through TV sets, online and mobile devices. The Globe and Mail newspaper, which was part of the company, will now be controlled by the billionaire Thomson family of Toronto. THE CANADIAN PRESS

$1.3B Bell Canada's parent company paid $1.3 billion for the remainder of the CTV network.

Smaller Q4 losses for Monsanto

Agricultural products maker Monsanto Co. reported a smaller loss yesterday for its fiscal fourth quarter than a year ago as its revenue increased.

The quarter is typically a money loser for Monsanto, which makes more of its money in the spring and summer months as farmers are ordering seed.

Monsanto has continued to struggle with its once profitable herbicide division, which is built on its popular Roundup weedkiller.

A deluge of generic competition has gutted Roundup profit margins and Monsanto has restructured to compensate for the lost revenue.

THE ASSOCIATED PRESS

Canada leads U.S. in economic growth

RICHARD DREW/THE ASSOCIATED PRESS



▶ Trader Robert Gray works on the floor of the New York Stock Exchange yesterday.

Weakness lingers in the United States, Europe after worst recession since the Great Depression

The global economy will likely strengthen the rest of this year and in 2011 as China and other emerging powers offset weakness in the United States and Europe.

Canada will continue to lead the United States in terms of growth, according to the latest outlook of the International Monetary Fund, but the IMF's estimates for both countries has been lowered since the previous outlook in July.

The IMF predicts the world economy will expand overall by 4.8 per cent this year and 4.2 per cent next year.

That would far surpass last year's 0.6 per cent decline, the worst since the Second World War ended in 1945.

The IMF's forecast for worldwide growth this year is 0.2 percentage point more than its previous estimate in July.

The world lending agency estimates Canada's economy will expand by 3.1 per cent this year and 2.7 next, slower than its predictions in the summer.

THE ASSOCIATED PRESS

2.6% The prediction of 2.6 per cent growth for the U.S. this year is historically weak coming after a recession. But it marks a sharp reversal from the 2.6 per cent decline in U.S. activity last year —the steepest drop since 1946.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
12,501.72 (+ 3.72)	$98.94 (+ 0.59¢)
Oil	**Natural gas**
$83.23 (+41¢)	1,000 cu ft $3.851 (+ 10.8¢ US)
	Gold contracts $1346.40 (+$7.50 US)

New plant, new methods for Maple Leaf operation

Maple Leaf Foods is taking on broad operational changes, including plant consolidation and construction of a new prepared-meats factory starting in 2012, to improve its profitability and competitiveness.

The five-year strategic plan calls for the Toronto-based company, one of Canada's largest food producers, to increase spending on "strategic" initiatives — a total of $755 million from this year through 2013.

Initial changes will include pricing adjustments and tweaking of its promotional activities, as well as simplifying manufacturing in both its bakery and meat products divisions, the company said.

Maple Leaf said previously announced plans for its massive new bakery in Hamilton will also help the company's growth because it consolidates other facilities starting in the middle of next year.

The plan for a new prepared-meats factory hadn't been previously announced.

Maple Leaf says it hopes the changes will boost its earnings before interest and taxes margins by 75 per cent over the next five years.

THE CANADIAN PRESS

HAMMONDS PLAINS RESIDENTS:

ACADIA FIRST NATION WANTS YOUR INPUT

Acadia First Nation is the owner of a 12 acre plot of land located at 1704 Hammonds Plains Rd. and is reviewing options and community suggestions for development at this location. You will be contacted by phone in the near future from the

Saint Mary's University Business Development Centre

If you choose you may complete the survey online at:
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Train maker finds new frontier

Bombardier capitalizes on India's rapid growth and desire to modernize

India is shaping up to become the next lucrative frontier for Bombardier as the global train and plane manufacturer seeks to win billions of dollars of new contracts for its products.

Decades after it set up shop in the world's most populous democracy, Montreal-based Bombardier is looking to reap the benefits of its efforts and the Asian country's rapid growth and desire to modernize.

A liberalized market shift in government policy in the 1990s has given foreign companies more opportunities to enter the thriving market, where cities the size of the Greater Toronto Area are popping up across the sub-continent.

Bombardier recently built a new plant that will serve as its manufacturing base in India.

The world's largest railway manufacturer also sees opportunities for commuter trains.

3 Million
Bombardier is aided by an Indian policy requiring metro systems to be developed for cities with more than three million people.

Among the notable contract wins has been a $156-million US order, with options, for subway cars in Delhi.

Delhi's transit system will eventually be operating a large fleet of vehicles ranking behind only London and Shanghai. A further expansion will transport four million passengers daily along a 125-kilometre network.

Karl Moore, a business professor at McGill University's Desautels Faculty of Management, said China remains a slightly better opportunity because of the communist government system that allows for quicker decisions.

THE CANADIAN PRESS

American consumers remain cautious

Americans kept spending carefully last month, buying electronics and back-to-school clothes but holding back on luxuries.

Erratic weather and tepid economic news dampened sales, according to data released yesterday by MasterCard Advisors' SpendingPulse, which includes cash transactions.

2.3%
The National Retail Federation said it expects holiday season sales to rise 2.3 per cent to $447.1 billion, better than the 0.4 per cent gain in 2009's holiday season.

THE ASSOCIATED PRESS

Rate war threatens recovery

Jim Flaherty is warning a currency war over exchange rates could disrupt trade and derail the nascent economic recovery.

The long-standing issue was given greater impetus with a new global forecast.

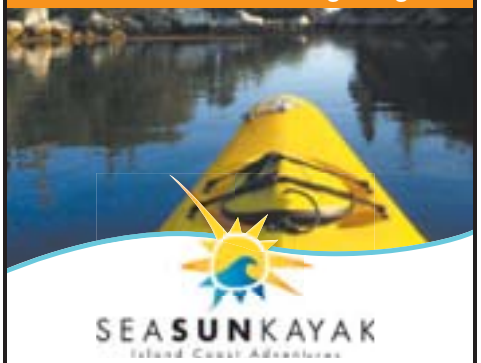
The IMF forecast shows emerging nations are seeing their economies rebounding faster from the recession than the U.S., Canada and other advanced economies. THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS



▶ Finance Minister Jim Flaherty

Open House October 10th
Adventure Guide Training Program



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Inland Coast Adventures

Meet Sea Sun's Guide Trainer, Rob Girard,
Sunday, Oct 10th 10:30 am to 2:30 pm, Tantallon,
Learn all about our Sea Kayaking Adventure Guide Program
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A TRAGICALLY UNHIP LIST OF TUNES

He says ...

JOHN MAZEROLLE



The book 100 Top Canadian Singles is on sale, and here are the coveted top 35:

35. If I Had A Rocket Launcher It Would Be Registered, Bruce Cockburn
34. William Shatner's Rocketman (Elton John version only)
33. Pulled Aside At The Airport Again, Raffi
32. How's About The Boy From Labrador City?, Moose Factory Transfer
31. Sometimes When We Touch (first two seconds only), Dan Hill
30. Tom Cochrane contemplates that all his obituaries will involve mention of an exit ramp (dinner conversation)
29. The Weight, Burton Cummings
28. Ave Maria, Chad Kroeger
27. Smash Your Radio With A Hammer!, Shania Twain
26. Canadian Railroad Trilogy re-release with updated special effects (Lightfoot shoots first), George Lucas
25. The Treehouse Theme Song ("Come with me ...")
24. Teenage John Mazerolle plays the euphonium in his living room (casingle only)
23. Could Have Been A Lady, A Hungover Guy Trying To Remember What Happened
22. The Hampster Dance Song
21. Takin' Care Of Business (as soon as we launch this exploratory committee into the viability of holding hearings into the possibility of changing legislation), The Canadian government
20. Huckleberry Finn, Rush
19. OK! Blue Jays! (Ballad version only)
18. Hasn't Hit Me Yet, any opponent of the Edmonton Oilers
17. I've Always Got Time For You, Tim Horton

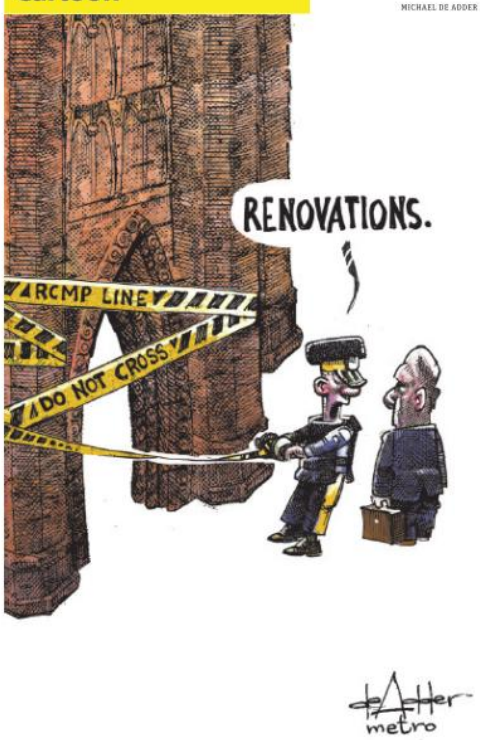
"15. Constant Raving, Don Cherry"

16. The Eyes Of A Stranger, The Morgue Robbers
15. Constant Raving, Don Cherry
14. Hope, Love, Faith, Blah, Blah, Blah, Canadian Idol winners
13. Hair!, Justin Bieber
12. (Everything I Do) Kind Of Sucks, Bryan Adams
11. Sunglasses At Night, The Insufferable Hipsters
10. Whatcha Do To My Body, Anne Murray
9. Wondering Where The Lions Are, A Fired Zookeeper
8. Token French Song, Two Solitudes
7. OK, So It's Been A Long Time, Trooper
6. Up On Physically Disabled Creek, The Politically Correct Band
5. Sonny's Dream (losing his teeth, then naked in front of crowd, then trying to run but can't version), Ron Hynes
4. If I Had $667,000, Barenaked Ladies (April 30 concert)
3. If You Could Read My Mind, You'd Know I Wasn't Dead, Gordon Lightfoot
2. Porky's II read-along storybook (on 45)
1. O Canada (secular, gender-neutral version)

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



New wardrobe bylaws

Worth mentioning

A vote for fashion

GETTY IMAGES



Ukraine's glamorous former prime minister is slamming a new government dress code as "laughable." Yulia Tymoshenko, known for lacy dresses and stilettos, said yesterday the dress code would prevent the Queen from entering cabinet premises.

"The Queen of England and (Libya's leader Moammar) Gadhafi, for instance, for sure would not have been allowed in the cabinet," Tymoshenko, who is now a top opposition leader, quipped at a news conference yesterday.

The code adopted this week calls on men working at the Cabinet of Ministers to wear mostly grey and dark blue suits and not wear the same suit to work two days in a row. Women are asked to stick to business suits and low-heeled shoes, and refrain from excessive makeup and jewelry.

Tymoshenko's stylish outfits and traditional Ukrainian braid have earned her a reputation as a glamour and fashion icon.

Some observers noted a new dress code was overdue for government offices and other institutions in Ukraine, where women often wear tight, low-cut dresses to work while men are often seen in the same outfit for days in a row. **THE ASSOCIATED PRESS**

What's the most spontaneous thing you've ever done?

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Metro Minute at Maritime Fall Fair

The Maritime Fall Fair is opening today at Exhibition Park, with the event going through Thanksgiving Monday. Horse jumping, livestock competitions and displays, barrel racing and pole bending competitions, midway rides and countless exhibitors help make this event one that attracts thousands over the course of the five-day event.

Admission prices are $12 for adults, $9 for seniors and youth aged five to 12 with children four and younger getting in for free. Family passes and a five-day pass are also available, with tickets through ticketatlantic.com. Visit maritimefallfair.com for more information. **METRO HALIFAX**

METRO HALIFAX FILE



▶ The Maritime Fall Fair opens today at Exhibition Park.

Reznor and Fincher team up for Facebook movie ◆ Reznor was inspired to create a sinister soundtrack, with undertones of anxiety ◆ The Nine Inch Nails frontman has also formed a new band, How to Destroy Angels, and has an HBO series in the works

ENNIO LEANZA/AP PHOTO/KEYSTONE



▶ Trent Reznor, singer of the band Nine Inch Nails, performs during the Music Openair Festival in St. Gallen, Switzerland, in June 2009.

Trent Reznor scores with The Social Network

Trent Reznor were both central figures in the heyday of music videos, their most significant collaboration has come years later — not on MTV but in one of the most acclaimed films of the year.

Reznor — with producer Atticus Ross — provides the dark score to The Social Network, Fincher's film about the rise of Facebook, the social networking behemoth.

Like Jonny Greenwood's score to Paul Thomas Anderson's There Will Be Blood, Reznor's soundtrack adds an ominous, unmistakable layer to The Social Network.

Reznor was pleased, he says, that his score "made it a shade darker."

Before coming together for The Social Network, Reznor and Fincher ran in similar circles.

"I don't want to make it sound like there was no sweat or agony, but it was so effortless. (Reznor) was able to intuit what it needed and come back with (QuickTime audio files) that we were like, 'Wow, that works.'"
DAVID FINCHER

In the late 1980s and 1990s, Fincher was one of the most sought after music video directors, while Reznor and his industrial one-man band, Nine Inch Nails, often worked with the form's best artists — notably for the video to Closer, directed by Mark Romanek.

Reznor and Fincher had tried many times to do a video project together. "We talked about him scoring a film," Fincher says. "We had talked around the subject many times."

Fincher didn't direct a Nine Inch Nails video until 2005 (Only), though he did use a version of Closer for the opening credits of his 1995 film Se7en. The two also discussed a Broadway adaptation of Fincher's 1999 movie Fight Club, which wasn't realized.

When Fincher approached Reznor last fall with the idea of scoring The Social Network, Reznor — looking for time off after just completing a Nine Inch Nails farewell tour and getting married — turned him down. He was also initially apprehensive.

"Any skepticism was based purely on hearing the sentence, 'It's a movie about Facebook,'" says Reznor, who was rapidly convinced by Aaron Sorkin's script and Fincher's intentions. "Any fear I had that it was trend-hopping or zietgeisty quickly evaporated."

Still, Reznor demurred, aiming to keep his pledge to himself for a hiatus. But five months later — still contemplating the film — he called Fincher to apologize, and Fincher told him he was still hoping he would do it.

With rough cuts of some scenes to view, Reznor began getting ideas and jumped in. He was inspired to create "something that's a bit sinister, something with tense undertones, something uncomfortable, with some anxiety."

Reznor recorded 16 different soundscapes or "vibes," thinking they were merely rough cuts. But Fincher cut them underneath the movie and found them just right. Supervising sound editor Ren Klyce also made significant contributions.

THE ASSOCIATED PRESS

The score

Fincher wanted the soundtrack to have a synthetic feel, with something organic to represent humanity — the piano.

- **Hand Covers Bruise** is among the most striking of the instrumental songs, which plays during the opening credits.
- **In the Hall of the Mountain King** soundtracks a regatta scene, and is a version of the Edvard Grieg track.

2 scene

Movies



Emma Stone will play Gwen Stacy in the next Spider-Man movie.

Stone will star opposite Andrew Garfield, who plays Spidey and alter-ego Peter Parker. The announcement was made Tuesday by Sony Pictures Entertainment Inc. and Columbia Pictures.

Director Marc Webb says the chemistry between Stone and Garfield was "stunning," which made the 21-year-old actress the "clear choice" to play Gwen.

Stone's screen credits include Easy A and Superbad.

The new movie will focus on a younger version of the superhero. It will be filmed in 3-D, and is scheduled for release July 3, 2012.

Tobey Maguire and director Sam Raimi, who made three blockbuster Spider-Man movies together, departed amid story and scheduling issues over the fourth movie.

THE ASSOCIATED PRESS

A visit to Spider-Man Turn Off the Dark reveals a humming production.

Album reviews A classic ⊕⊕⊕⊕⊕ | Buy it ⊕⊕⊕⊕ | Get the single ⊕⊕⊕ | Borrow it ⊕⊕ | Don't bother ⊕

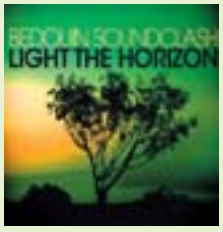
Formula for guitar rock success



Finger Eleven
Album: Life Turns Electric
Label: Wind-up/Sony
⊕⊕⊕
It's hard to believe this band started out in Burlington, Ont., as an edgy bunch of punks called the Rainbow Butt Monkeys. A name change and two monster hits (One Thing and Paralyzer) have given Finger Eleven the taste of Top-10 success and the band hopes to have another drink from the cup with the new single Living in a Dream. The song is so close to the Paralyzer template, one song could bleed into another. It's cynical to think Paralyzer fans will come rushing back for more of the same. But, hey, it always worked for Nickelback. Still there's enough distinctive guitar rock on the album in songs like Any Moment Now and Pieces Fit to keep Finger Eleven's credibility in tact. The most interesting track here is the closer, a gentle rolling song called Love's What You Left Me With.
Outstanding track:
Love's What You Left Me With
GRAHAM ROCKINGHAM



KT Tunstall
Album: Tiger Suit
Label: EMI
⊕⊕⊕
It didn't take long for KT Tunstall to shed her one-hit-wonder tag — 2007's Drastic Fantastic was solid folk-rock follow-up to her debut hit Eye to the Telescope and the disc's massive song Suddenly I See. While her third record builds on her acoustic pop sound, she's clearly trying to expand her comfort zone by adding electro riffs and dirtier rock guitars. It doesn't always work — Difficulty's fluffy chorus and distorted riffs are distracting — but when she sticks her rollicking folk tunes she shines.
Outstanding track:
Push that Knot Away
BRYAN BORZYKOWSKI



Bedouin Soundclash
Album: Light the Horizon
Label: Pirates Blend
⊕⊕⊕
If you were hoping Bedouin Soundclash would deliver another batch of upbeat reggae rock, be warned, there's almost nothing bubbly about their latest release. While opener Mountain Top delivers the typical Bedouin Soundclash sound — Police-meets-Clash rock — the rest of the disc consists of mostly soft, sleepy tunes. While it's interesting to hear the group tackle such somber sounds, you'll quickly miss the danceable numbers that catapulted them to fame with 2004's Sounding a Mosaic. The disc is top heavy, with the first four tracks dwarfing the rest of the disc; the quiet Brutal Hearts (track four) featuring Montreal songstress Coeur de pirate is the best song here.
Outstanding track:
Brutal Hearts
BRYAN BORZYKOWSKI

De Niro turns to Stone for drama Fockers for laughs


▶ Robert De Niro plans to direct three more movies.

Robert De Niro is retiring.

On screen, at least. In his latest film, the psychological drama Stone, De Niro stars as a veteran parole officer ending his career in a showdown with a manipulative inmate (Edward Norton) and seduction by the prisoner's wife (Milla Jovovich).

At 67, De Niro himself has no retirement plans, though he does foresee an end to one facet of his film career. After two outings as a director, he figures he has time to oversee three more movies, at most.

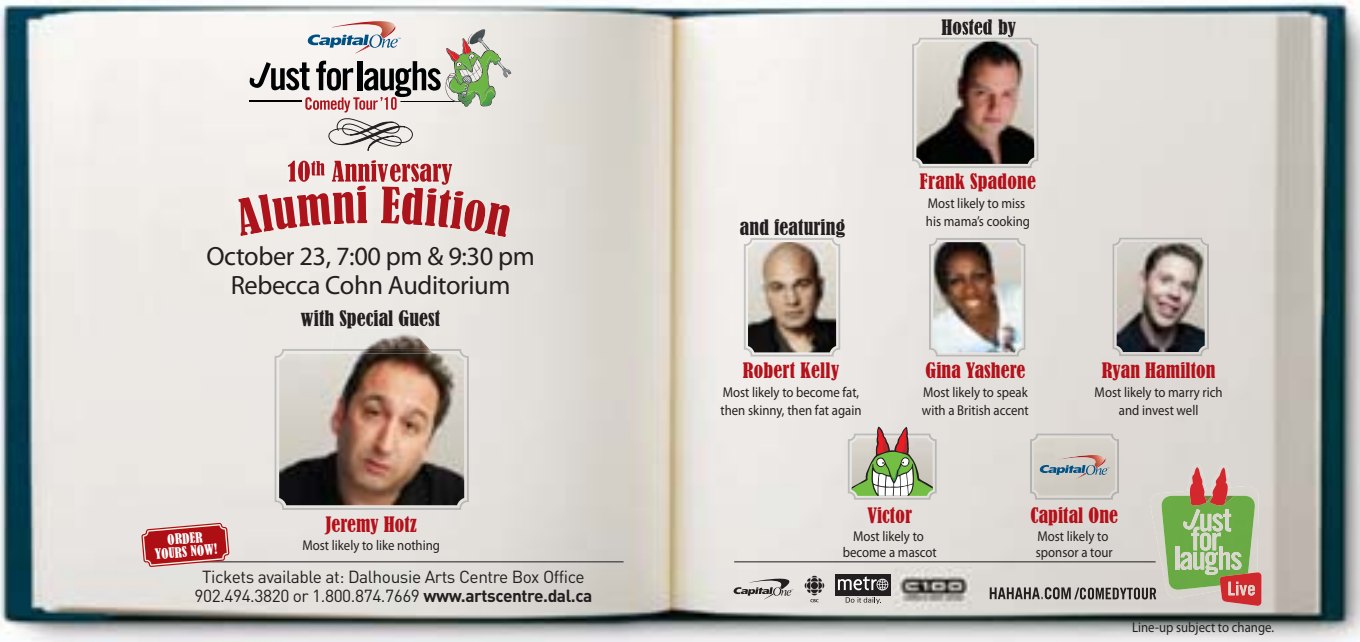
"They take a lot out of me," he said at Toronto International Film Festival, where Stone debuted. "They're great to do, but just the way I did the two that I did (1993's A Bronx Tale and 2006's The Good Shepherd) and the ones that I would do, I say to myself, maybe I would do five altogether. So three more."

That's three, tops, De Niro makes clear, talking about the time commitment of years required as a director, compared to just weeks for some roles as an actor. Thirteen years passed between his first and second directing gigs as he maintained a busy acting schedule while developing potential filmmaking projects and trying to line up studio backing.

"It's an uphill battle. ... The creative part, that's difficult enough. But the fun stuff is all the other stuff that goes with it: people; the input from studios, and all the people who have to justify their jobs; and the money; and is this actor going to get more, or they're not right for it. All the other things. It's a lot you've got to field. A lot coming at you," he said.

That's also a lot of words coming from the typically close-lipped De Niro, so you know he means it.

Among possible future directing plans is another instalment of The Good Shepherd saga, De Niro's epic tale of the roots of the CIA that starred Matt Damon. But nothing's definite, unlike his on-screen career and his sideline as co-founder of the Tribeca Film Festival, launched to help revitalize lower Manhattan after the Sept. 11 attacks. THE CANADIAN PRESS



Fall TV falling flat?

Fall TV season devoid of new must-see shows Hawaii Five-0 only newbie to crack Top 20 list

Two weeks into a new television season, and it's clear there are no must-see new programs.

CBS' Monday night remake of Hawaii Five-0 was the only new program to crack the Nielsen Co.'s list of the 20 most popular programs last week.

Its audience of 12.7 million viewers was down from the 14.2 million people who saw the premiere — not unusual, but not the sign of a show taking off, either.

Already, two programs have been cancelled: Fox's Lone Star and ABC's My Generation. The latter had only 3.8 million viewers last week, deadly for a Thursday night, and no help to Grey's Anatomy, which followed it.

Other programs — NBC's Jimmy Smits vehicle Outlaw, ABC's procedural The Whole Truth and the Fox comedy Running Wilde — need to start showing progress soon, or they could face the same fate.

As the most stable network, CBS has had the most success getting people to try out their shows. The comedy Mike & Molly is off to a solid start on Monday nights, and Tom Selleck's Blue Bloods has done well on Fridays, usually a tough night for TV viewing.

ABC's No Ordinary Family opened to an audience of 10.7 million viewers last week, a solid start.

Last week's favourites were familiar to viewers: dancing, football and NCIS.

CBS averaged 11.9 million viewers in prime time (7.2 rating, 12 share) and also won among the 18-to-49-year-old demographic for the second straight week. THE ASSOCIATED PRESS

Hits and misses

- **Cancelled.** Lone Star and My Generation have already been cancelled.
- **Struggling.** Outlaw, The Whole Truth and Running Wilde need to start showing progress soon.
- **Surviving.** Mike & Molly and Blue Bloods off to a decent start.

SUBMITTED



▶ Hawaii Five-O's Alex O'Loughlin and Scott Caan

Glee cast overtakes Beatles

The Glee cast has surpassed the Beatles for the most appearances on the Billboard Hot 100 chart by a non-solo act.

The cast of the Fox television musical series about a high school glee club has six debuts on the chart this week. That gives it a total of 75 songs on the chart to the Beatles' 71.

The show's soundtrack got a boost after last week's episode featuring the music of Britney Spears.

Elvis Presley still leads overall with 108 songs to chart on the Hot 100. He's followed by James Brown with 91, then Glee. The Beatles are sixth, behind Ray Charles and Aretha Franklin. THE ASSOCIATED PRESS

Doc follows Springsteen into studio

DOCUMENTARY. Bruce Springsteen fans won't want to miss the documentary The Promise: The Making of Darkness on the Edge of Town, which goes into the recording studio with the Boss and the E Street Band as they record their fourth album. It features never-before-seen footage from 1976 to 1978, including home rehearsals. (HBO Canada)

Hapless prof returns to Community

COMEDY. John Oliver of The Daily Show with Jon Stewart resumes his role as Professor Duncan over on Community, this time with the hapless professor struggling to take over the anthropology class with no training at all. Meanwhile, the Community group comes together to comfort Pierce as he deals with the death of his mother. (Citytv)

THE CANADIAN PRESS

Family revives Charlie Brown

As Charlie Brown and Snoopy turn 60, the family of creator Schulz plans for the gang's future

Good grief, Charlie Brown. The world has certainly changed since the Peanuts were born.

In 60 years, the U.S. sent a man to the moon, survived the Cold War and now has one of the worst economic funks in decades. All that time, Charles Schulz's imaginary gang has been a fixture of newspaper funny pages and grainy holiday TV specials.

Now, his family is working to keep Snoopy, Lucy and the rest alive for generations to come.

A handful of new projects is in the works. The first new animated film in five years is set for release next spring called, Happiness is a Warm Blanket, Charlie Brown.

ABC just signed on for five more years of airing Charlie Brown holiday specials. A new social media game began on Facebook and Twitter last month to Countdown to the Great Pumpkin, and the comic strip has made its way to a popular gaming website for millions of children.

The enduring appeal is no surprise, said Lee Mendelson, who produced the films with Schulz for more than 40 years.

Schulz had said "there's always going to be a market for innocence in this country," Mendelson said Friday as a photograph of Schulz at his drawing board was hung at the Smithsonian's National Portrait Gallery. Schulz died in 2000.

"The innocence and the humour that he brought, I think, helped us as a nation through many bad times," Mendelson said.

Peanuts comics, which first appeared in 1950 in the St. Paul Pioneer Press, still appear in 2,200 newspapers in 75 different countries. THE ASSOCIATED PRESS

New projects

- **The Peanuts Collection,** a new book out later this month, will trace the comic strip's history.
- **Great Pumpkin Island** is being released on Poptropica, a gaming website that caters to millions of tweens.

AP PHOTO/WARNER HOME VIDEO



▶ Happiness is a Warm Blanket, Charlie Brown is the first new animated film in five years, set for release next spring.



Mel's ex spills on secret recordings

Grigorieva claims she feared for her life Says extortion not a motive

GETTY IMAGES FILE



Oksana Grigorieva is finally speaking out about her feud with Mel Gibson and why she recorded his tirades over the phone to her.

"I thought he would kill me," she tells People magazine. "I needed to document his threats."

The Russian singer insists the recordings were never meant as extortion. "I'm not angry at him," she says.

"For the sake of (our daughter) Lucia, I really want him to be well. He has to have the courage to be responsible for what he's done."

METRO

Family worries about Miley's wild ways

Miley Cyrus' family is reportedly starting to worry that the teen starlet will turn into another Lindsay Lohan, according to Hollywood Life.

"At first Miley's mom, Tish, got upset when people would tell her her daughter was being wild, but now she's realizing it herself," a source says. "We're concerned for her.

She's 17 years old but is the one who makes the money and calls all the shots in the family. No one tells Miley no. And even if they did, she's so charismatic that she'd convince them to change their minds."



METRO

Celebrity tweets



50 Cent [@50cent] You know if you don't like me something might be wrong with you. I just looked in the mirror and I'm cool man.



Joseph Gordon-Levitt [@hitRECordJoe] My super hero brother @burningdan 1974-2010. Celebrate his life.



Eliza Dushku [@elizadushku] Can I attach my computer/laptop to my home tv so I can watch online netflix on big screen? Yelp please

Conan O'Brien [@Conan-OBrien] Okay, I admit it. I find Meg Whitman's ex-nanny weirdly attractive. METRO

"I enrolled in the Esthetics program as I believe that when a person looks good on the outside, it makes them feel better on the inside and I enjoy being a part of that. I know I have found a career that I am passionate about."

Amber B.
Graduate, Esthetics, Saint John: July 2010



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GIOVANNA BATTAGLIA


1


2


3


4

The final word from Paris


KENYA HUNT
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METRO WORLD NEWS IN LONDON

In the international parade of catwalks, Paris always is the definitive fashion week.

The shows seemed to overwhelmingly fall into two categories: structured '70s-influenced shapes or light and airy fluidity.

In part, the disco-era work of Yves Saint Laurent partly influenced the '70s feeling in the air from the flared trousers at Sonia Rykiel and Akris to, of course, the ruffled dresses and le smoking reinterpretations at Yves Saint Laurent.

Louis Vuitton ended the week on this note with an extravagant study in the idea of camp with glam, opulent, shimmery dresses in bold jewel tone colours. Meanwhile, a lighter, airy school of thought also emerged this week through the fluid, diaphanous skirts and dresses at Lanvin, Rochas, Stella McCartney and Chloé to name just a few.

1 STELLA MCCARTNEY

With so few designers actually paying attention the seasons they're designing for (half of Spring/Summer '11 could be worn in autumn and winter), it's nice to see a collection that seems genuinely tailored for warm weather.

McCartney's pastel blazers and high-waist cropped trousers were just light enough for a spring day in the office. Meanwhile her jumpsuits with thigh-high slits seemed designed with a summer breeze in mind.

Other standouts included a series of dresses in bold graphic prints of oversized citrus fruits.

2 CHLOÉ

Change is good. Just when it seemed fashion was giving us blush and camel overload, Hannah MacGibbon took a departure from the colours palette she helped make famous.

With an audience filled with editors wearing (you guessed it) camel and blush, Hannah MacGibbon sent models out in crisp whites, black and taupe with a single moment of red. The colour palette wasn't the only major change.

Her trademark '70s silhouettes were replaced with clean and thoroughly modern minimalist looks: a series of delicately pleated dresses that hit the knee and mid-calf and trouser and long sleeve tee pairings that had a note of restraint.

MacGibbon also explored transparency, which we've seen a lot of this season, in sheer, tulle ballerina-like dresses.

3 YVES SAINT LAURENT

This runway season, many designers have referenced the work of the man, Yves Saint Laurent. So it goes without saying that the house, Yves Saint Laurent, would need to be the definitive voice on these ideas.

Stefano Pilati's collection, intelligently and beautifully reinvented the masters trademarks including a smoking tuxedo jacket, the colours orange, longish ruffled dresses and more with strong results.

They were exactly the kind of vibrant, feminine clothes that Pilati needed to show after last season's lukewarmly received, clinical looks. They captured the trends of the season in a memorable way.

4 CHANEL

Always known for his mastery of the theatrical in fashion, Karl Lagerfeld staged the ultimate garden party with models walking through an elaborate runway set modeled after the landscaped greenery of Versailles.

The looks, easily the most sublime of the week, ranged from ethereal (fantastical, couture-like tiered gowns with tulle and feathers) to whimsical (tweed suits with frayed edges.) At the end of a long week of shows, the collection was a burst of energy.

3 life

McQueen



In the months that followed Alexander McQueen's suicide in February, the fashion world was abuzz with speculation about the future of the house. But following Sarah Burton's brilliant debut this week at the helm of the label put any rumours about the house's future to rest.

THE ASSOCIATED PRESS



British designer Giles Deacon's debut breathes new life into Ungaro

Pushing style standards

Tina Knowles mixes urban style, suburban life, womanly shapes in her new clothing line for Walmart

Tina Knowles taps just about everyone around her to be a fit model for her new line of clothes that just moved into Walmart, from her best 50-something-year-old friend in Houston to the young hip woman answering phones in her Manhattan office.

And, yes, her daughter, Beyonce, already has samples from the upcoming spring collection.



But nothing goes into the collection, called Miss Tina, that she doesn't think complements her own figure.

"I'm the best model for this," Knowles says. "I'm busy, I'm full under the arms and around the back. I couldn't wear jackets or a white button-down shirt before, and I don't want bare arms. All I was looking for was a jacket that actually closed."

Knowles started this label — separate from the more upscale House of Dereon and junior line Dereon that she works on with Beyonce — about three years ago, originally partnering with HSN. It was a great experience that afforded her the chance to get feedback from customers, Knowles says.

She did take the advice, even about her own appearance.

"Since I was 16, I wore red lipstick. My girls have told me for years not to wear red lipstick, but I didn't listen. But then when a caller said it, I listened," she says with a smile. "You know how it is with family."

When the time came to choose a bigger retail outlet, Walmart was the one willing to do the extended size range that Knowles wanted: up to a size 18.

Whether you're a size 4 or 20, women want the same thing, according to Knowles.

"These clothes are all made with the thought process to make you look slimmer and taller," she says.

"Every dress has some draping and ruching, everything has stretch, even the leather jackets. Sand-blasting on jeans? That's not great for most figures and you won't find it here."

But you will find Knowles — and feel free to call her Miss Tina, everyone does — visiting several Walmart locations this month to guide shoppers into the outfits she thinks would be best on them. (Knowles will be in Atlanta, Dallas, Phoenix, Los Angeles, Torrance and West Sacramento, Calif.)

"When I owned a hair salon back in Houston, I did a lot of makeovers. Women would come in for a new hairstyle and go out with a whole new look. I know what looks good on a woman."

The one silhouette she'd like to see women break out of their comfort zone and try are the attached miniskirt-legging combination. It doesn't have the hanger appeal of, say, a snake-print dress, but she thinks it's universally flattering.

The most valuable style advice, however, comes from within, she says. "The best thing you can do is take your time to study your own style, then the individual pieces will come naturally."

THE ASSOCIATED PRESS



▶ Tina Knowles new clothing line, called Miss Tina, mixes urban style, suburban life and womanly shapes

Tina Knowles

What else she does

- **Music** She currently serves as Beyoncé and Solange's manager. She also managed the music group Destiny's Child. Tina served as the designer of costumes for Destiny's Child.



Fashion going viral to generate new buzz

With Fashion Week season wrapping up, the runways of the world's fashion capitals are once again featuring designs for the coming spring and summer.

Yet for showcasing what's hot and buzzworthy in the world of style, the catwalk is no longer the only game in town.

Through short films and digital media, designers, fashion and beauty companies are diversifying the ways in which they transmit their vision and creations to the masses.

What's more, they're providing stylewatchers with the chance to take an extended look at their offerings, beyond the often rapid-fire glimpses on the runway or in more conventional ads.

"It's adding value to the traditional forms of media, but I do see this as being a wave of the future ... I really do see that reaching broader audiences, getting your product out there"

DEANNA DEVITT, DEPARTMENT HEAD OF FASHION DESIGN AT THE UNIVERSITY OF THE FRASER VALLEY IN BRITISH COLUMBIA

Deanna Devitt, department head of fashion design at the University of the Fraser Valley in British Columbia, sees the embrace of digital technology as a shift that's "humanizing the industry" and helping to forge and nurture ties to consumers. For example, she notes she's seeing that a lot of designers are not just streaming videos, but asking for input.

"It's adding value to the traditional forms of media, but I do see this as being a wave of the future," she said.

"I really do see that reaching broader audiences, getting your product out there is going to help you with sales and connecting with your customer."

THE CANADIAN PRESS

Ideas for your kitchen?

You've been invited into her TV kitchen for years Now, as a first-time homebuyer, you can make your new kitchen look like Martha Stewart's

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA



Last week I was invited to New York City to preview the latest product from Martha Stewart; her new collection of kitchen cabinetry for KraftMaid Cabinetry, which launches in Home Depot stores this month.

The kitchen styles are reminiscent of Martha's own kitchens and the ones you've seen on her television shows and in her magazine. They are casual, simple and detail oriented; just what you would expect from this queen of organization and style.

They were everything I expected; quality, great looks and very on-trend finishes that will last a long time. What I was not expecting — but what first-time homebuyers who want to upgrade their kitchen will like — is the affordable price. The cabinetry is at entry-level pricing for semi custom kitchens, and starts at $125 per linear foot. I also like that she is offering us a first in affordable kitchens; the painted farmhouse looking style with features that are normally found in high-end kitchens.



▶ Martha Stewart.

Stewart was very charming and forthcoming about her ideas of the perfect kitchen; she loves quality, great organizational options. Beautiful details like shelf brackets, reproduction hardware and durable stone looking counter tops.

Once installed, you will have a classically-designed kitchen that will last a lifetime.

Many looks

The kitchens come in 20 door styles, creating hundreds of finishes and looks. The most wonderful accents are brackets, painted cabinetry and great looking hardware; options that help to create the ultimate farmhouse kitchen; a look that has been lacking for a long time. Martha has teamed up with Corian for a great selection of counter tops; all her distinct counter top styles resemble stone counters but for a much lower price. Classic hardware styles that are reproduced in iron, polished brass and nickel finishes are right on track with the trends of today.



▶ A look at Martha Stewart's new line of cabinetry.

Housing

Local market is on the up

Most recent data points to an overall increase in sales numbers and prices throughout the Halifax real estate market in the middle of this year.

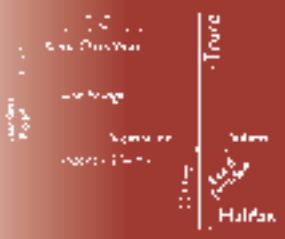
Residential real estate sale prices in the Halifax-Dartmouth area were up 4.7 per cent to $253,495 in April-June 2010 compared to the same period last year. Real estate listings dipped 4.1 per cent to 3,802 in the same period from 8,963 in 2009 but 1.2 per cent more properties were actually sold in Halifax-Dartmouth from April-June 2010 than in 2009.

Outside of Halifax, the region of Yarmouth experienced them most volatile change in prices over the past year, originally jumping 45.2 per cent from Jan.-March 2010 compared to the same period in 2009, then dropping 20 per cent from March-May 2010 before rocketing up 58 per cent again in the April-June 2010 period. Nova Scotia Association of Realtors president Karen Edwards suggested the phenomenon may have a lot to do with the cancellation of the area's CAT Ferry and prices could continue to rise.

"Yarmouth will be an important market to watch over time. If listings continue to increase, pricing will most certainly be affected," Edwards said in a statement release on July 19.

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The Financial Consumer Agency of Canada (FCAC), offers online tools and material to make your research easier. You'll find tips and calculators to help you avoid stretching your budget to the limit when you buy your home.

There's also information on areas you may not have considered: How to pay off your mortgage faster, how to borrow on your home equity and what to consider when renewing and renegotiating your mortgage.

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You can start with our Mortgage Qualifier Tool to help you determine whether you can qualify for a home mortgage based on your income and expenses. The Mortgage Calculator Tool works out your mortgage payment and provides you with a mortgage payment schedule. The calculator also shows how much money and how many years you can save by making prepayments. **NEWS CANADA**

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Stick to the burgers at Alehouse

The food at Halifax Alehouse is inviting and substantial, but there are flaws

VALERIE MANSOUR/FOR METRO CANADA



▶ The ambiance is rustic and friendly.

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

The Ale House is a lively evening spot but quiet on this lunch hour. The decor is rustic and the place has a friendly ambiance.

The Brewery Burger is tasty, served with tomatoes, onions, pickle and lettuce; the meat is substantial and cooked well.

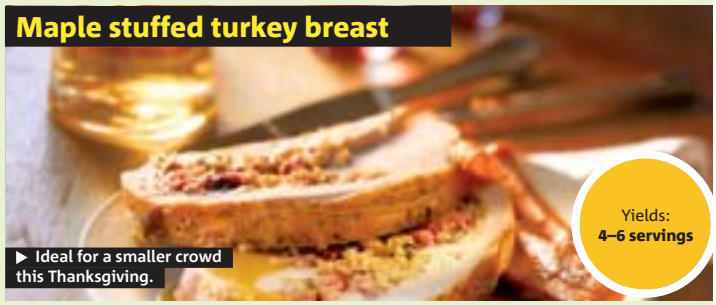
The BBQ Chicken Melt is served on a Panini bun, with chunks of chicken, red onions, mushrooms, and red and green peppers that still have some crunch. It looks appetizing with melted cheddar and mozzarella over top.

Unfortunately, the chicken has been cooked in a too-sweet barbecue sauce that overpowers the sandwich and soaks the bread, making it mushy.

Our steaming, hot home-made fries look great. We dive in to discover they've been heavily dosed with salt. The accompanying dill mayo is a nice touch and helps to disguise the salt but if it wasn't lunchtime I'd be tempted to tell our server to bring on the ale.

- **Halifax Alehouse**
- **1717 Brunswick Street**
- **423-6113**
- **Hours of Operation – Mon. – Sun. 10:00 a.m. – 3:30 a.m.**
- **Rating ****
- **Reservations: yes**
- **Price range: $$**
- **Licensed: yes**

Maple stuffed turkey breast



▶ Ideal for a smaller crowd this Thanksgiving.

Yields: **4–6 servings**

Preparation:

1. Preheat oven to 160 C (325 F). In a large pan, heat butter and saute onion until transparent. Add garlic, sage and cranberries. Saute until cranberries are softened. Stir in rice, season with salt and pepper and set aside.
2. With skin side down, flatten turkey breast with the flat side of a meat mallet or a rolling pin until meat is of fairly uniform thickness.
3. In a bowl, combine maple syrup and butter well. Spread 50 ml (1/4 cup) of the butter mixture on the inside of the turkey breast. Spoon stuffing mixture on breast leaving a 5-cm (2-inch) border around the sides. Starting at one end, fold turkey breast around the stuffing, fully enclosing the stuffing, and secure with string or skewers.
4. Lay carrots in the bottom of a lightly oiled roasting pan. Place turkey breast seam side down on carrots and rub with another 50 ml (1/4 cup) of the butter mixture. Season with salt, pepper and sage, then cover and bake for 30 minutes. Uncover and continue to bake for 1 hour or until meat thermometer registers 83 C (180 F).
5. Let turkey rest for 5 minutes. In the meantime, heat remaining butter-maple syrup mixture on medium heat until mixture begins to boil and starts to reduce. When thickened, remove from heat. Remove string or skewers from turkey breast and slice in 2.5-cm (1-inch) thick slices. Serve with roasted carrots and maple sauce.

THE CANADIAN PRESS

Ingredients :

- 15 ml (1 tbsp) butter
- 50 ml (1/4 cup) onion, finely diced
- 1 clove garlic, minced
- 15 ml (1 tbsp) sage, chopped
- 125 ml (1/2 cup) fresh or frozen cranberries, chopped
- 375 ml (1 1/2 cups) long-grain and wild rice mix, cooked
- Salt and pepper, to taste
- 1.5 kg (3 lb) turkey breast, boneless, skin on
- 175 ml (3/4 cup) real maple syrup
- 125 ml (1/2 cup) butter, softened
- 5 ml (1 tsp) dried sage
- 4 large carrots, cut into halves lengthwise





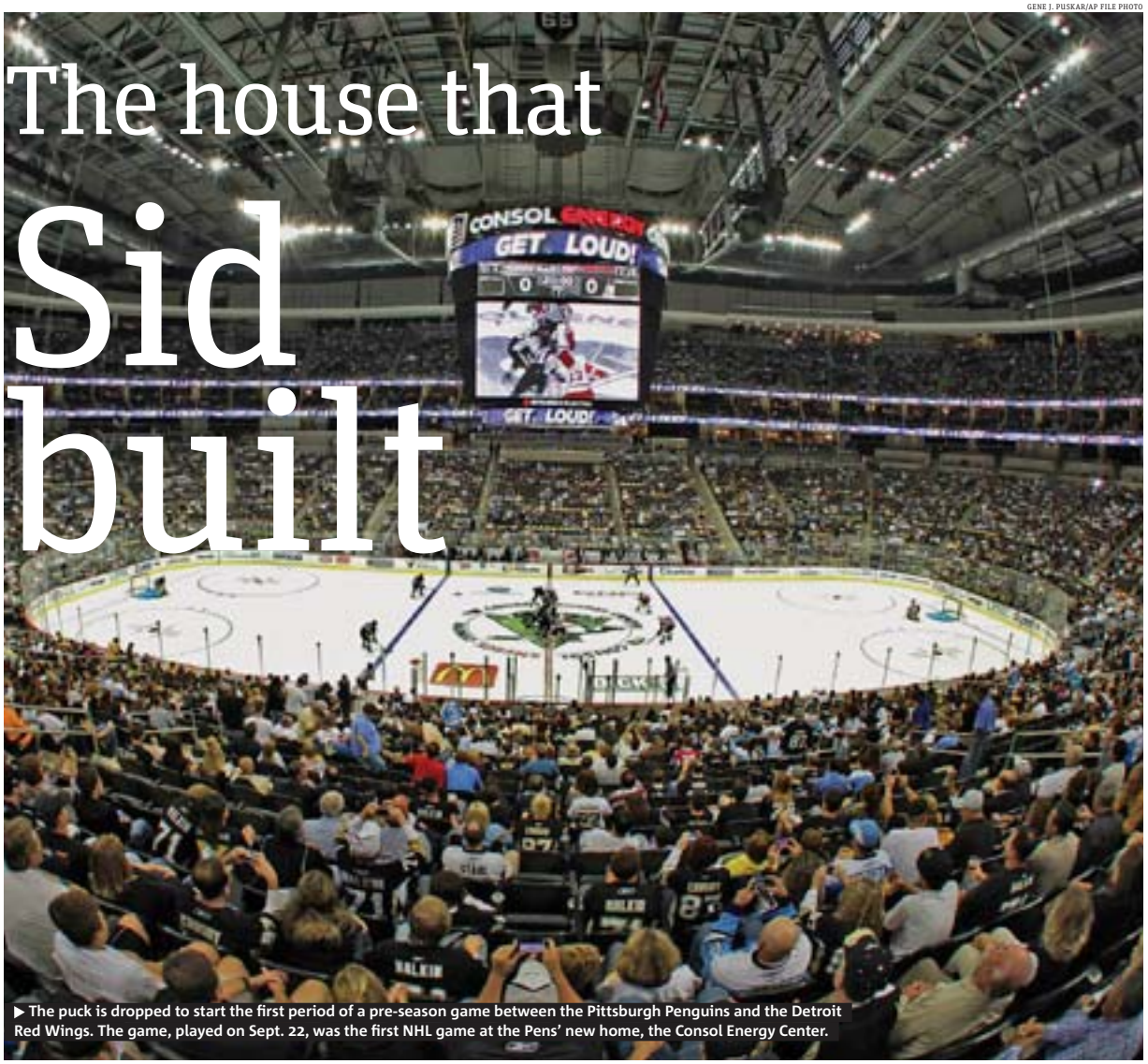



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NHL Preview

GENE J. PUSKAR/AP FILE PHOTO

The house that Sid built



▶ The puck is dropped to start the first period of a pre-season game between the Pittsburgh Penguins and the Detroit Red Wings. The game, played on Sept. 22, was the first NHL game at the Pens' new home, the Consol Energy Center.

The Pittsburgh Penguins have won three Stanley Cups, and played for a fourth. They've experienced two bankruptcies, and multiple retirements by Mario Lemieux.

What they've never done until now is play a game in their own, brand-new arena.

All that changes today when the Penguins officially christen Sidney Crosby Arena — er, actually, Consol Energy Center — with a season-opening game against the Philadelphia Flyers before their 167th consecutive sellout crowd.

The arena took one bankruptcy, one Lemieux retirement and seven years of politicking to achieve but, if three exhibition games there are any indication, the 18,087-seat structure should soon move near the top of the NHL's new arena hierarchy.

While the nomenclature The House That Mario Lemieux Built is more accurate — the Hall of Fame player and Penguins co-owner spent seven oft-frustrating years lobbying for the new building — everything about the arena seemingly has been touched by Crosby, right down to his No. 87 being the final two digits of its capacity. There's even a cupboard in the team's expansive locker-room, fitness area and recreation room to house his favourite cereal.

"For a brand-new building, it seems pretty homey right away," Crosby said. "It's a little bigger than we're used to."

Bigger, better, brighter, cleaner, fancier. All those terms fit following 43 seasons in the Civic Arena, which was built for the Civic Light Opera in 1961 and was retrofitted for hockey six years later after Pittsburgh gained an NHL expansion franchise.

"I'm really excited to play in the new building," forward Evgeni Malkin said.

He's not alone.

Crosby and the other Penguins players were given considerable input into the design and makeup of their dressing room at the arena, which was wedged into a lot across the street from the now-closed Civic Arena that was owned by the Penguins.

Space is so tight that a Catholic church partially obscures the main view of the arena's all-glass facade; several Montreal Canadiens players were stunned to learn during the playoffs last spring that the church won't be demolished.

The Consol Energy Center was long in the making, requiring years' worth of arm-twisting by Lemieux and co-owner Ron Burkle, and the effort finally succeeded after the Penguins drafted Crosby following the NHL shutdown in 2004-05 and attendance returned to 1990s-like levels.

After feigning moves to Kansas City and Las Vegas, the Penguins successfully negotiated an arena agreement with state, county and city officials.

THE ASSOCIATED PRESS

CONSOL ENERGY CENTER'S AMENITIES

Pens players, coaches adjust to luxurious digs

JUSTIN K. ALLER/GETTY IMAGES



▶ An exterior view of the Consol Energy Center.

"Some of the hesitation about it being so nice and so luxurious has gone away, but it won't completely go away until we win some games there"

PENS COACH DAN BYLSMA

Since Consol Energy Center was the last of the new wave of NHL arenas to be built, the Penguins incorporated many good touches, and avoided some of the bad, from the league's other new buildings.

There are 800 TV sets in every possible nook and cranny of the structure, which has an exterior that features the walled glass front and tons of tan-coloured bricks.

The seats are mostly black, with a few rows of gold inserted to add a dash of colour. The players' area is so expansive, coach Dan Bylsma asked that the weight room be made less fancy so it reminds players they're in a work area and not a spa.

THE ASSOCIATED PRESS

4 sports

Quoted



"Our goal here as a team is to win the Stanley Cup. We might as well talk about that. And I don't think we're that far away."

SABRES COACH LINDY RUFF

"I'm happy Lindy came out and said it. That should be our goal. Now we just need to show up and actually do it and not just always talk about it like we have in the past."

FORWARD THOMAS VANEK

Scan code for sports

What fans will be talking about

A new NHL season brings a number of storylines that will play out over the next six months Here's a look at a few that are worth charting



Halak Pays Price:

The story

The Montreal Canadiens' decision to trade playoff hero Jaroslav Halak to St. Louis and keep Carey Price as their top goaltender will be followed closely all season. Fans have already noted every pre-season win by Halak while Price has slowly wound into form in Montreal.



The angle

If Halak excels and Price struggles, there will be calls for GM Pierre Gauthier's head. Price has already heard a mix of boos and cheers at the Bell Centre.



Hawks Repeat?

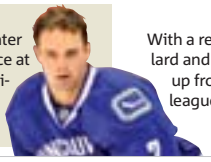
No team has won back-to-back Stanley Cups since the Detroit Red Wings in 1997 and 1998, although the Wings came within a Game 7 goal of doing it again in 2009. Now it is Chicago's turn to give it a try.

Being well over the $59.4-million US salary cap forced Chicago to let go of forwards Kris Versteeg, Ben Eager, Andrew Ladd, Dustin Byfuglien and Adam Burish, defenceman Brent Sopel, and goalie Antti Niemi.



Canuck Drought:

The Vancouver Canucks enter the season with the best chance at winning Canada's first championship since 1993.



With a retooled defence that includes Keith Ballard and Dan Hamhuis, and the same weapons up front that made the Canucks one of the league's highest-scoring teams, there is reason for hope in Vancouver.



Headshot Rule:

With a new penalty called illegal checking to the head in the rulebook, it will be interesting to see if there are fewer headshots on the ice.

The new penalty is a major and focuses on blindside hits where the primary point of impact is the head. How long before one is called?



Rookie Race:

The race for the Calder Trophy might take place entirely in Edmonton. Hotshot rookies Taylor Hall, Jordan Eberle and Magnus Pajaarvi have all cracked the Oilers roster and will no doubt push each other.



With three high-profile rookies suiting up for the Oilers, the race for the Calder is bound to be a major focus this season.



Staying in Phoenix?

Would a new owner for the Phoenix Coyotes please stand up? The NHL has been running the once-bankrupt team for a year and a half, and commissioner Gary Bettman is clearly losing some patience.

If no one steps forward to purchase the Coyotes by Dec. 31, the league has the right to start looking at other places to move the team. It's reasonable to assume that Winnipeg would be high on that list.

Caps stick with tried-and-true crew

When the Washington Capitals open the season tomorrow night, it will be hard to spot an unfamiliar face.

Nearly every Capitals player who takes the ice against the Atlanta Thrashers either played for Washington last year or has played for the team's AHL affiliate in Hershey.

The only exceptions are Marcus Johansson, a 2009 first-round draft pick who spent last season in Sweden, and enforcer D.J. King, acquired in a July trade with the St. Louis Blues.

The other sort-of new face is Matt Hendricks, but he played for Hershey in 2006-07 before spending two seasons with the Colorado Avalanche.

Otherwise, it's the tried-and-true crew featuring Alex Ovechkin, Alexander Semin, Nicklas Backstrom and Mike Green — along with the emerging young guys from the minors, many of whom the Capitals drafted themselves.

"We're in a lot of ways lucky, I guess," general manager George McPhee said. "We came up with this plan years ago, and fortunately ownership stood by it. In a lot of cities, a lot of teams, ownership does not have the patience. We're starting Friday night with 11 of our own first-round picks in the lineup. The league average is four. The closest team to us has seven.

"It's about making the playoffs and having a good playoff run, and how we get there is less important."
GEORGE MCPHEE, CAPITALS GM

"We put this plan together and we're in pretty good shape. It's a good team, they're our guys, and hopefully it leads to a Cup one of these days."

McPhee saw no reason to pick apart the team that accumulated an NHL-high 121 points last season, even if the Capitals did suffer yet another early playoff defeat by blowing a 3-1 first-round series lead before falling to the Montreal Canadiens in seven games.

THE ASSOCIATED PRESS

Players to watch

PHOTOS
1. JIM MCISAAC/GETTY IMAGES
2. GREG FLUME/GETTY IMAGES
3. JIM MCISAAC/GETTY IMAGES
4. BRIAN BAHR/GETTY IMAGES
5. JOEL AUERBACH/GETTY IMAGES



1 **Jonathan Toews, Chicago Blackhawks:** With a couple key players gone, the captain's leadership will be called on as the Blackhawks try to defend their title.

2 **Alex Ovechkin, Washington Capitals:** Another gaudy statistical season is virtually assured for the flashiest player in the NHL, but his year is bound to be measured by what kind of team success Washington has with him as a leader.

3 **Ilya Kovalchuk, New Jersey Devils:** The Devils paid a heavy price to keep the Russian winger, so Kovalchuk will be expected to deliver the goods. GM Lou Lamiorello and the entire organization are looking to recapture the post-season success that has eluded them in recent years.

4 **Antti Niemi, San Jose Sharks:** Evgeni Nabokov was never able to deliver a championship for the talented Sharks. That job now falls to Niemi, who brings a Blackhawks Stanley Cup ring with him to Northern California.

5 **Simon Gagne, Tampa Bay Lightning:** This could be a make-or-break season for the oft-injured winger. Now playing in the Sunshine State after a decade in Philadelphia, he'll be given a chance to shine while playing alongside Vincent Lecavalier.

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Cream of the crop of Cup hopefuls

As the season begins, here are a few early favourites to take the title

DAVE SANDFORD/GETTY IMAGES



▶ Cole Harbour's Sidney Crosby and the Pittsburgh Penguins look like contenders this season.

Washington Capitals
Last season: 54-15-13, 121 points, 1st seed in the East, lost in first round to Montreal.
Breakdown:
Revenge is word in the U.S. capital, but redemption is a better description of what Washington wants after blowing a 3-1 lead and losing in seven games to the Canadiens. They needed far better team play, including from virtuoso star Alex Ovechkin.

Philadelphia Flyers
Last season: 41-35-6, 88 points, 7th seed in the East, lost Stanley Cup final to Chicago.
Breakdown:
They only made the playoffs by beating the New York Rangers in a shootout in the final game of the season, but the team that went to the final was a better indication of the Flyers' talent and depth than the up-and-down regular-season crew.

Pittsburgh Penguins
Last season: 47-28-7, 101 points, 4th seed in East, lost in second round to Montreal.
Breakdown:
The loss of big centre Jordan Staal for an undetermined period with a foot injury puts a damper on the 2009 Cup champions' move from the Igloo to the 18,087-seat Consol Energy Centre. They also lost veteran winger Bill Guerin, although the departure of power-play anchor Sergei Gonchar was offset by the signing of Paul Martin.

Boston Bruins
Last season: 39-30-13, 91 points, 6th seed in East, lost in second round to Philadelphia.
Breakdown:
The loss of top centre Marc Savard to concussion symptoms may be offset by the addition of scoring winger Nathan Horton from Florida and a big rookie year from second overall draft pick Tyler Seguin. Happily for the Bruins, they are deep at centre with Patrice Bergeron and David Krejci, who is looking to rebound from only 17 goals last season.

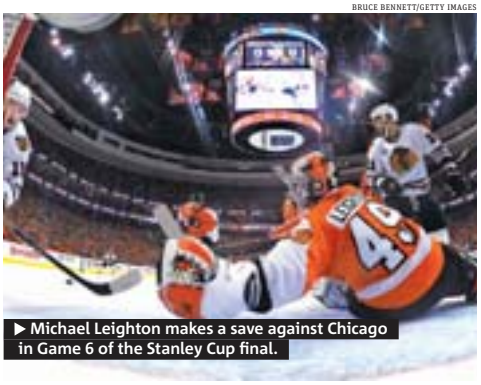
Los Angeles Kings
Last season: 46-27-9, 101 points, 6th seed in the West, lost in first round to Vancouver.
Breakdown:
This is a team with a young core that has been trending in the right direction the past couple seasons. The brightest star of them all is defenceman Drew Doughty, who won't turn 21 until December but is a legitimate Norris Trophy candidate. Centre Anze Kopitar could threaten the 100-point barrier.

Detroit Red Wings
Last season: 44-24-14, 102 points, 5th seed in the West, lost in second round to San Jose.
Breakdown:
Break out the Advil. With a roster featuring nine players 35 or older, the Wings are virtually assured of leading the league in wear and tear. But there's at least a couple future Hall of Famers among that group — Nicklas Lidstrom and Mike Modano, who decided to sign with his hometown team over the summer rather than retire.
THE CANADIAN PRESS

Vancouver Canucks
Last season: 49-28-5, 103 points, 3rd seed in the West, lost in second round to Chicago.
Breakdown:
The Canucks were second in league scoring a year ago, led by Hart Trophy-winner Henrik Sedin, and should continue to have a pretty potent attack. The Sedin twins and Ryan Kesler will be key cogs once again, as will players like Alex Burrows and Mason Raymond.

San Jose Sharks
Last season: 51-20-11, 113 points, 1st seed in the West, lost in conference final to Chicago.
Breakdown:
The biggest change comes in goal, where Antti Niemi and Antero Niittymaki have taken over for the departed Evgeni Nabokov. GM Doug Wilson is banking on the duo pushing the team over the top — hardly a stretch given that Niemi won a Stanley Cup last season in Chicago.

BRUCE BENNETT/GETTY IMAGES



▶ Michael Leighton makes a save against Chicago in Game 6 of the Stanley Cup final.

Net worth: Spending on goalies falls out of fashion

$2.75M
Amount former former Blackhawks goalie Antti Niemi was awarded in arbitration. Chicago opted instead for veteran Marty Turco for one year at $1.3 million

Last spring's playoffs left many in hockey, including its general managers, wondering what is the point of throwing multimillions at big-name goaltenders.

Jaroslav Halak was earning $800,000 US when he led the Montreal Canadiens to the Eastern Conference final, where they lost to a Philadelphia team with budget-priced veterans Michael Leighton and Brian Boucher.

The Flyers in turn lost to the Chicago Blackhawks and their little-known goalie Antti Niemi.

The big-money boys — Roberto Luongo, Martin Brodeur, Evgeni Nabokov and the rest — went home early, while others, like Cristobal Huet in Chicago, Jose Theodore in Washington and Tim Thomas in Boston, had lost the starting jobs to younger, cheaper netminders.

The results suggested there was money to be saved in going with youth and using the extra cash to put a better team in front of them.

And the prospects of a goalie landing a big, multi-year contract weren't helped by the glut of puck-stoppers on the free agent market in the summer. If anything, teams were shedding expensive goalies, with San Jose's Nabokov heading for St. Petersburg in the KHL and Huet shipped to Switzerland.

It is into that financial environment that Florida Panthers veteran Tomas Vokoun may go as he plays out the final season of a four-year deal that pays an average of $5.7 million per year. With super-prospect Jacob Markstrom waiting in the wings, there is already talk of Vokoun being dealt at the trade deadline if the Panthers are out of the playoff race.

But the 34-year-old is convinced it's a passing fad.

"Next spring there could be a $6-million goalie winning the Stanley Cup and the Conn Smythe and then everybody's going to say something totally different," said Vokoun.

"But now, for me, it's not so much about money, so I'm sure I'll find a spot."
THE CANADIAN PRESS

JOEL AUERBACH/GETTY IMAGES



▶ Panthers goalie Tomas Vokoun is entering the final season of a four-year deal.

2 BACKS ON RIGHT TRACK

Huskies hope Week 4 rushing bonanza is a sign of things to come



MATTHEW WUEST
@METRONEWS.CA

With two returning all-star tailbacks, it was easy to assume the run game would be the least of the Saint Mary's Huskies' concerns in 2010.

But with a rebuilt offensive line learning the ropes, the Huskies faltered on the ground as they stumbled to three straight losses to open the Atlantic University Sport football season.

It wasn't until Week 4 that the Huskies — led by the dash-smash tandem of Craig Leger and Devon Jones — broke through, rushing for 454 yards and three touchdowns in a win over the Acadia Axemen.

"It was kind of nice to be able to get that part of our game moving," Huskies head coach Steve Sumarah said. "We made a huge commitment all year but we really committed to it against Acadia, and the end result was it worked out."

The Huskies will look to keep rumbling tomorrow night in Antigonish, when they play a pivotal game against the St. Francis Xavier X-Men at 7 p.m.

The teams are tied for last at 1-3, meaning the winner will climb out of the basement and sit tied for second place at 2-3.

"We win, the league's tighter … We lose, and everyone else is getting farther and farther away," Sumarah said.

While 454 rushing yards isn't a reasonable expectation on a week-to-week basis, continued success on the ground will be paramount to the Huskies' success.

"Unfortunately, it's a new game and a new week," Sumarah said. "X has played us tough every game, every year. We're not resting on our laurels and saying, 'Oh, we're back now' (because of one win).

"This is a huge, huge game for us."

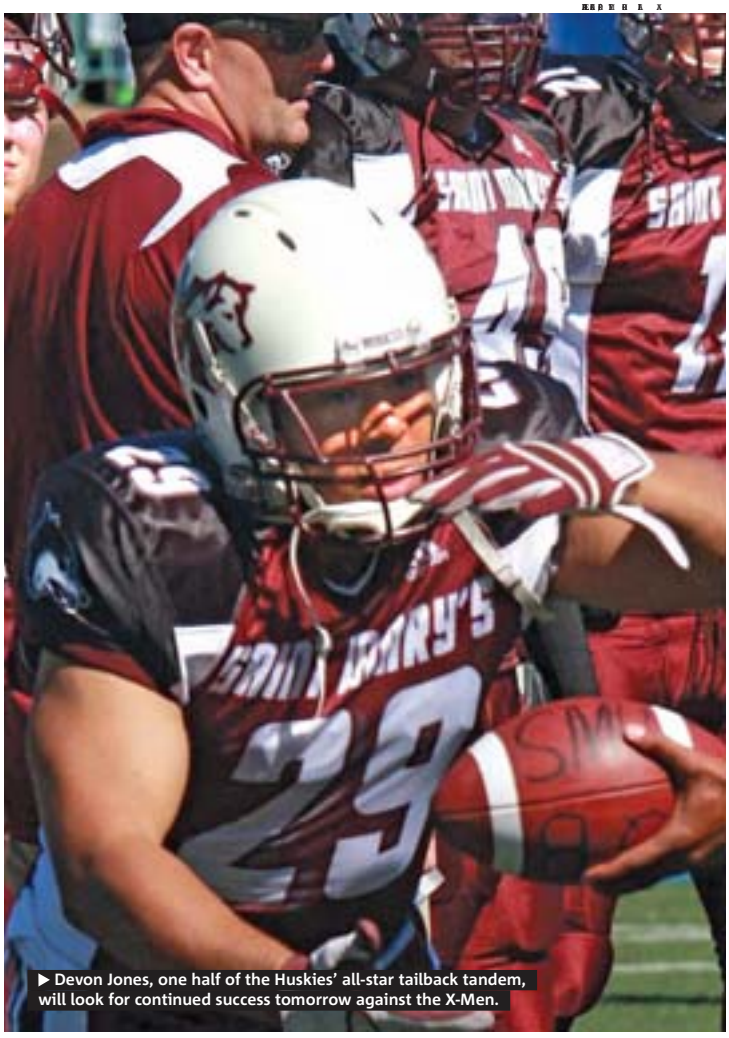
Standings

Atlantic University Sport football standings:

Team	W	L	F	A	P
Acadia	2	2	67	94	4
Mt. Allison	2	2	78	108	4
Saint Mary's	1	3	80	95	2
St. F.X.	1	3	64	96	2

Friday
Saint Mary's at St. F.X., 7 p.m.

Saturday
Acadia at Mount Allison, 2 p.m. (EastLink)



▶ Devon Jones, one half of the Huskies' all-star tailback tandem, will look for continued success tomorrow against the X-Men.

Report: Grant joins UFC card in Montreal

Cole Harbour mixed-martial artist T.J. Grant will be back in the cage in December, according to an online report.

MMAjunkie.com reported yesterday Grant will go up against Ricardo Almeida as part of UFC 124 on Dec. 11 at the Bell Centre in Montreal.

It would be Grant's third career UFC fight at the Bell Centre.

The 26-year-old Grant is coming off a victory over Julio Paulino at UFC 119 in Indianapolis.

5
Career UFC fights for T.J. Grant. He has a 3-2 record. Ricardo Almeida is 5-4 in UFC action.

ULTIMATE FIGHTING CHAMPIONSHIP



▶ T.J Grant, right

MATTHEW WUEST

Jimmo says no to fight

The Maximum Fighting Championship says light-heavyweight Ryan Jimmo of Halifax has turned down a title shot against Brazilian Glover Teixeira.

MFC had wanted the two to fight at MFC 27 on Nov. 12 in Enoch, Alta.

"I have the utmost respect for Ryan Jimmo but I think he is making a huge mistake by not taking this fight," MFC owner and president Mark Pavelich said.

THE CANADIAN PRESS

Rocket get goal scorer

The P.E.I. Rocket have added to their offensive firepower after trading for Samuel Morneau yesterday. The 20-year-old centre arrives from the Gatineau Olympiques with a fifth-round draft pick for a second-rounder and a fourth-rounder.

Morneau, a Carolina Hurricanes draft choice, had 30 goals and 32 assists for 62 points in 55 games with the Val-d'Or Foreurs last season.

METRO HALIFAX

Sports in brief

Dunbrack shuts out Beauport

SOCCER. Halifax Dunbrack City Mazda earned a big opening-day victory at the Challenge Cup Canadian senior men's soccer championships in Charlottetown, P.E.I., yesterday.

All-star keeper Ben Ur earned the shutout as Dunbrack blanked the Beauport (Que.) Select 2-0, with goals from Ryan Devereaux in the 65th minute and Jonathan Cordoba in the 84th minute.

Dunbrack faces host Prince Edward Island tonight at 7:30 p.m.

METRO HALIFAX

N.S. fighter advances in New Delhi

BOXING. Dartmouth boxer Custio Clayton won his opening match at the Commonwealth Games yesterday.

Clayton, one of two Nova Scotians at the Games in New Delhi, India, earned a 5-3 victory over Tanzania's Joseph Mwaisalenge yesterday.

The five-time national amateur champion advances to face Scotland's Aston Brown tomorrow. The medal round is on Oct. 13.

East Jeddore sprinter Adrienne Power is the other Bluenoser at the Games. She will race in the 200-metre and 4x400-metre relay but isn't in action until the 200-metre heats Saturday.

METRO HALIFAX

Marauders crack top 10 rankings

HOCKEY. The Metro Marauders have found themselves on the Canadian Junior Hockey League's top-10 ranking. The Marauders, known as the Halifax Lions before an off-season move to the Dartmouth Sportsplex, checked in at No. 7 on the list. They are 8-3 in Maritime Junior Hockey League play and host the Pictou County Weeks Crushers on Friday at 7 p.m.

METRO HALIFAX

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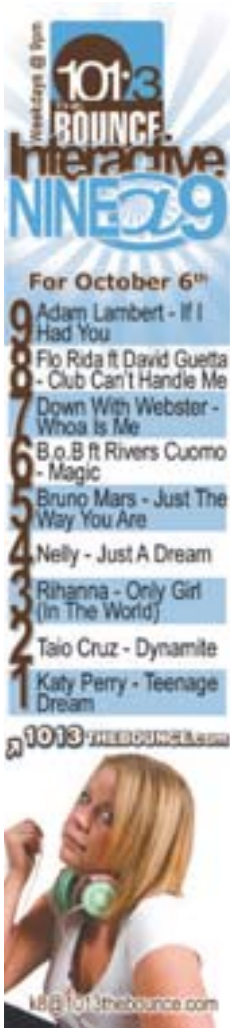
Moss traded

When Randy Moss first came to Minnesota 12 years ago, he electrified a stagnant franchise and immediately turned it into a Super Bowl contender.

Now the Vikings need him to do it again.

The New England Patriots traded the receiver yesterday, sending him back to Minnesota in exchange for a 2011 draft pick.

THE ASSOCIATED PRESS





History

Halladay throws second-ever playoff no-hitter

▶ Phillies ace Roy Halladay celebrates after throwing a no-hitter to defeat the Cincinnati Reds 4-0 yesterday.

4	0
PHILLIES	REDS

Talk about a post-season debut.

Roy Halladay threw the second no-hitter in post-season history, leading the Philadelphia Phillies over the Cincinnati Reds 4-0 in Game 1 of the NL division series yesterday.

Don Larsen is the only other pitcher to throw a post-season no-hitter. He threw a perfect game for the New York Yankees in the 1956 World Series against Brooklyn. The 54th anniversary of Larsen's gem is tomorrow.

"It's surreal, it really is," Halladay said. "I just wanted to pitch here, to pitch in the post-season. To go out and have a game like that, it's a dream come true."

Halladay took the Year of the Pitcher into the post-season. The excitement spread beyond Citizens Bank Park — the last two outs were shown on the video board at Target Field, where the Twins were preparing to play the Yankees, and Minnesota fans cheered.

The all-star right-hander, who tossed a perfect game at Florida May 29, dominated the Reds with a sharp fastball and a devastating slow curve in his first playoff start.

Halladay allowed only one runner, walking Jay Bruce on a full count with two outs in the fifth, and struck out eight.

Halladay spent 12 seasons with Toronto, far from the post-season. A trade last off-season brought him to the defending two-time NL champions.

With a sellout crowd standing in the ninth and chanting, "Let's go, Doc!" Halladay received a thunderous ovation when he jogged to the mound to start the inning.

Ramon Hernandez popped out to second baseman Chase Utley for the first out. Pinch-hitter Miguel Cairo then fouled out to third baseman Wilson Valdez.

Halladay then retired Brandon Phillips on a tapper in front of the plate to end it. Catcher Carlos Ruiz pounced on the ball and threw out Phillips.

Halladay pumped his fist into his glove as Ruiz rushed to the mound. Just like catcher Yogi Berra did with Larsen, Ruiz started to jump into Halladay's arms. Unlike Berra, Ruiz didn't wrap up his pitcher in a bear hug.

Phillies aces Roy Oswalt and Cole Hamels ran out of the dugout side-by-side to congratulate the other member of Philadelphia's Big 3. Pretty soon, everyone in a Phillies uniform was part of the victory party.

"This is what you come here for," Halladay said. "It's a good team, they know how to win ... It's been a great year, a fun year, we obviously have a ways to go."

THE ASSOCIATED PRESS

5

Halladay became the fifth pitcher to throw two no-hitters in the same year. He joined Nolan Ryan (1973), Virgil Trucks (1952), Allie Reynolds (1951) and Johnny Vander Meer (1938).



"I felt like we got in a groove early. Carlos (Ruiz) has been great all year, he helps me get into a rhythm early, throwing strikes."

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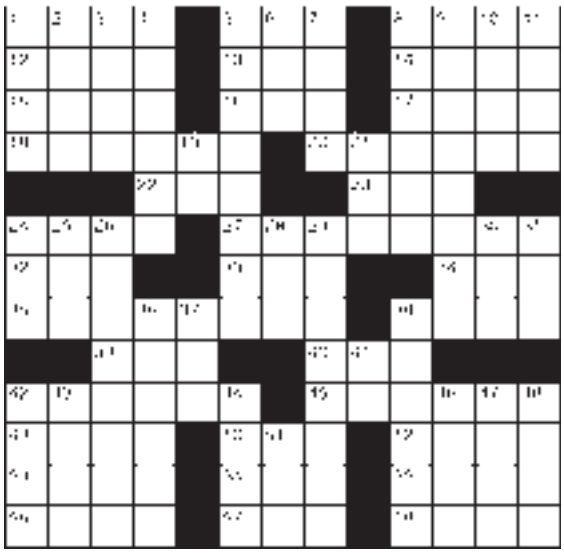
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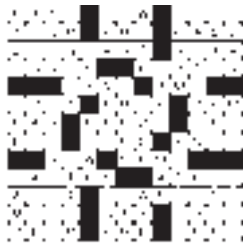
Across

1 Jokes
5 Adipose tissue
8 Fleet from far off?
12 Burn remedy
13 Unfriendly
14 Ferris wheel, e.g.
15 Heart of the matter
16 Agt.
17 Boast
18 In
20 Not us
22 A handful
23 Wrong (Pref.)
24 "Carmina Burana" composer
27 Kinship
32 Mai — (cocktail)
33 Mainlander's memento
34 Sticky stuff
35 Oft-mimicked Michael Jackson video
38 In due time
39 Preceding
40 Flightless bird
42 Customs
45 Oriental temple
49 Rara —
50 The whole thing
52 Secondhand
53 Traditional tales
54 Brock of baseball
55 Coaster
56 Odds' mates
57 Easter symbol
58 First-rate

Down

1 Pop singer Lady —
2 Came to earth
3 "Gee!"
4 Ignite
5 Intruder-blocking software
6 Expert
7 Glitch in print
8 Street child
9 Aries, Leo or Sagittar-ius
10 Bloodhound's clue
11 Does some mending
19 Yours truly
21 Acronym to an oversharer
24 Cooperstown's Mel
25 "Go, team!"
26 Stravinsky ballet, with "The"
28 Lawyer's due
29 Hydrant
30 Also
31 Thither
36 Van Gogh subjects
37 Allow
38 Majestic
41 Bell or Kettle
42 Hearty
43 Stratford river
44 Auction
46 Norway's capital
47 Profound
48 Tosses in
51 Journal

▶ Yesterday's answer



Sudoku

				7		1	2	
1		4	9					
3					6		4	
		6		4			3	
9			2		5			1
	1			9		8		
	9		5					3
					1	6		8
	2	7		6				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	1	7	5	6	8	9	4	2
4	2	5	3	7	9	1	6	8
8	6	9	2	1	4	5	3	7
6	9	1	4	8	3	2	7	5
2	3	4	1	5	7	8	9	6
7	5	8	9	2	6	4	1	3
1	4	2	6	3	5	7	8	9
9	8	6	7	4	2	3	5	1
5	7	3	8	9	1	6	2	4

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Maliha, you are the air that I breath, your my pulmonary artery, the best wife a man can ask for. Wuv u!
K1NG

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XO JESS

Hey my lil Crazy Horse, I just wanted to send you a big smackeroo! I want you to know that I love you with all of my heart and I don't know what I would do without you ! You are my soulmate and I can't wait to spend the rest of my life with you! I feel like the luckiest woman alive! -
OUR SEXY BUM



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will find it easier to be patient with people now there is a new moon in the partnership area of your chart. Yes, certain individuals can be deeply irritating sometimes but they're only human.

♉ Taurus April 21-May 21 Both at home and at work you would be wise to proceed on the assumption that others are telling you only half the story – and that it's the other half you need to know.

♊ Gemini May 22-June 21 You seem to be making heavy work of something that is really quite simple — and doing far too much of it by yourself. Today's new moon will give a boost to creative activities.

♋ Cancer June 22-July 22 Something you found such a challenge earlier in the year will come easy to you now. Your outlook on life has changed and that has enabled you to respond to a more positive set of cosmic vibrations.

♌ Leo July 23-Aug.23 If you have not yet planned your next vacation get on to it now as the new moon in the travel area of your chart gives you some great ideas.

♍ Virgo Aug. 24- Sept. 22 You seem to have got your values a bit mixed up of late. If you are going to get them untangled the first thing you must do is ask yourself what is most important to you: your material or your emotional wellbeing.

♎ Libra Sept. 23-Oct. 23 No matter how many times you have clashed with people you must patch things up. The new moon in your sign promises a new beginning, but you've got to work at it.

♏ Scorpio Oct. 24-Nov. 22 Do you finish what you started, or do you give up on it and focus on something new? Only you can decide but if you have not completed a project by now perhaps it's not meant to be.

♐ Sagittarius Nov. 23-Dec. 21 Today's new moon signals the start of an enjoyable phase, one that will last for the next two weeks and maybe longer. Friendships are under excellent stars, so get out there and mingle.

♑ Capricorn Dec. 22-Jan. 20 You should find it easier to get along with colleagues today. You may have had differences in the past but now you understand you need to work together to reach your goal.

♒ Aquarius Jan. 21-Feb. 18 You will come out of your shell over the next 24 hours. That's good. There is so much you have to offer the world – it would be a crime to deprive it of your genius.

♓ Pisces Feb. 19-March 20 Your nerves may be a bit frayed but the new moon will convince you there is no need to get upset. Whatever it is you are fretting about it will come right in the end – it always doe. **SALLY BROMPTON**

Caption contest

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